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taste of home

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"You had me at fruit pies."

—BOBBY HILL, *KING OF THE HILL* TV SERIES

taking shortcuts

SHORTCUT

To save time in the kitchen, look for the Shortcut icon on these features and recipes

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Kathryn Conrad

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Is your best recipe worth $25,000? If friends and family turn to you for must-have recipes, the answer could be YES!

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The contest runs July 1 to November 30, 2010. Find out more and submit your recipes online at tasteofhome.com/cookbookcontest

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5 New Recipes Downsized for 2!
Recipes from this issue pared down for smaller families

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THE PIE SECRET

"Easy as pie." What an odd saying. Because, honestly, pie baking does have a reputation of being just the opposite. It brought me practically to tears the first time I tried it.

And I love the stuff. As a kid, I was such a fan of my mom's fruit pies that I often requested birthday pie instead of cake. My mother always had several unbaked pies in our big freezer in the garage, each waiting to be called into action for some impromptu gathering. She turned them out with speed and delicious consistency.

I can't recall where I got the recipe, but the memory of my first "pie" (I use the word loosely) is painfully clear. By the time I'd finished, my tiny kitchen was awash in flour and apple scraps and full of acrid smoke, courtesy of the thing that had leaked sticky juice all over the hot oven. Devoid of moisture, my creation was dry, tough—basically inedible, even for my underfed college-student roommates. I vowed to steer clear of pie.

Years later, during a call home to my mother, I shared my pie madness story. "Oh, Cath," she said, "pies are easy. You just need the right size pan, the right amount of fruit, a little thickener and a refrigerated crust." What??? My mother used store-bought pie dough? "Oh, sure. I used to make crust from scratch," she said, "but the refrigerated stuff is really good, and then you don't have to worry about it."

Well, talk about things that make you go *"hmmm."* Shortly afterward, I tried again, this time with *her* apple pie recipe and ready-made dough. The results were surprisingly impressive, and I've been baking pies using my mom's little shortcut ever since. In fact, I have already shared Grammy's foolproof recipe and premade crust secret with my daughter, Jess, who made a storybook-perfect apple pie for Thanksgiving last year.

My point is this: Pie-baking, and good home cooking in general, does not have to make you cry. Fun tricks here and there can help you create dishes with all the flavors of home and none of the time-consuming frustration. In this "Shortcuts" issue, our editors, Test Kitchen experts and a few wonderful home cooks like you offer a bushel of great tips and recipes to help you stretch time and money...and stress less. All these great shortcuts are listed on page 3.

Speaking of pie: At *Taste of Home*, we see (and taste!) a LOT of it. And we debate what exactly constitutes "pie season." Some say they're most plentiful during fall and winter holidays, while others argue the fresh fruits of summer are most likely to tempt pie bakers. In the end, we generally take the "pie all year-round" route. The foolproof reader favorites starting on page 63 will help you get your own pie game on—easily.

Catherine Cassidy
Editor in Chief

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taste of home field editor

IN THE SPOTLIGHT

Taste of Home's enthusiastic team of volunteer editors from across the U.S. and Canada share recipes, cooking tips and more with our staff and online community

Crystal Jo Bruns

ILIFF, COLORADO

Is anyone in your family a picky eater?

My husband used to be picky, but I have converted him. I buy ingredients I've never used before, do some research and then play. I get inspiration from my favorite spice shop and even have a box of organic produce delivered twice a month. I never know what I'll get. Trying new things myself has helped encourage my family to try new things as well.

Crystal Jo is a stay-at-home mom. Husband Rion is a cattle feed specialist. They have two children, Braylon, 3, and Caiden, 1. Crystal Jo enjoys making bath bubbles to sell at local craft shows.

Sue Falk

EASTPOINTE, MICHIGAN

What summer dishes do you like to make?

My background is Italian. So during the summer, I opt for healthier alternatives, such as my dad's Sicilian potato salad. With a vinegar and oil base rather than mayonnaise, it can be left at room temperature, so it's great for picnics. For a lighter dessert, I choose Grandma Tocco's Creama, a type of cannoli cake. Of all the Italian recipes I have, these are two of my favorites.

Sue has three grown children, Gina, Tom and Meagan, and one grandson, Hunter. She enjoys working with her fellow Master Gardeners.

Mandy Fox

MANHATTAN, KANSAS

How do you make sure your children are eating right?

My boys love fruits and veggies, plus they drink lots of milk. Our challenging area is meat. If I find a cut they like, I incorporate it into various recipes. For instance, they really like shredded roast beef. So I make a roast on Sunday and use it throughout the week in such dishes as beef and noodles, BBQ beef sandwiches and open-face sandwiches.

Mandy, an environmental scientist, and husband Trent, a veterinary student, have two boys: Kyzer, 4-1/2, and Izaac, 2-1/2.

Sue Gronholz

BEAVER DAM, WISCONSIN

Do you cook with fresh herbs in the summer?

Yes, I grow a variety of herbs and love to cook with them. Marjoram, dill, oregano and thyme are favorites in my egg dishes, while basil, lavender and rosemary often star in marinades for grilled meats. Cinnamon basil, lemon geranium and mint make tasty syrups to stir into sun tea or fruit salads, or as a topping for pancakes, pound cake or ice cream.

Sue is a sales associate at a jewelry store and writes an herb column for a local magazine. Husband Todd is a carpenter. They have two grown children and a grandson.

Alice Shaffer

GREGORY, SOUTH DAKOTA

Have you been recognized in public as a field editor?

When my name first appeared in *Taste of Home*, I was out walking, and a gal who was mowing her lawn saw me. She shut off her mower and started waving her hands and yelling, "We have a celebrity in town!" Gregory is a small town, and people always tell me how great it is that someone from our town is in the magazine.

Alice and husband Bruce (Eddie) own a bed-and-breakfast and a pheasant hunting guide service. They also farm. When they can get away, they like to visit daughters Angela and Diana.

JOIN OUR TEAM! >> Love to cook? Love *Taste of Home*? You might be interested in becoming one of our volunteer Field Editors. If you would like to be considered, please fill out the short application form at www.tasteofhome.com/apply

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DEAR JANE...

Sticky notes have become a necessity in our kitchen, and for good reason: to repel refrigerator raiders. I'd put restaurant leftovers in the fridge to save for lunch the next day, only to find them missing in the morning. And when I planned on adding maraschino cherries to a recipe, I found a jar of juice but no cherries. This scenario has happened quite often in our house.

So we established a house rule: Put your name on your "treasures" with a sticky note, or they're up for grabs! This has ended the refrigerator nabbing in our household. Do you have a similar method? I'd love to hear about it.

HOOKED ON SALMON RECIPE

Karen Allen of Mechanicsville, Maryland, is a big fan of Texas Field Editor Joan Hallford. After trying her Citrus-Marinated Salmon (June/July), Karen wrote: "This was, without exception, the best fish I have ever had in my life!" Karen took the liberty of using orange juice concentrate instead of fresh orange juice and omitted the ginger, but she still gave Joan's recipe a huge thumbs-up.

I'd love to hear from you, too. Drop me a line at dearjane@tasteofhome.com.

LOVE LETTER!

Each issue, one lucky reader will receive a TOH apron for sending in our favorite "love" letter of the month. Stacey, your apron is on its way!

GIVING THE NEEDY A TASTE OF HOME

The June/July issue of your magazine was placed in our office with a challenge: Find a recipe that will work with items we have on hand. You see, I work in the food service department of a homeless shelter. We are constantly looking for creative ways to use items that are donated to us to feed the large numbers of people in need of help.

In this issue, I found the recipe for Enchilada Lasagna and recognized the potential hit this dish would be. I made a sample dish, and everyone in the food service department gave it rave reviews. We have now added this dish to our menu.

Please extend our thanks to Charlene Griffin for her creative cooking on a budget, and let her know that many, many hungry people are enjoying her dish as well.

—Stacey Pluck // AKRON, OHIO

COLOSSAL CAKE

I made this chocolate cake (below) after seeing the Candy Explosion Cake in your April/May issue. My son had a Superhero Party, and this idea was perfect. It looked like a mountain!

—Alison Rollins
IRVING, MASSACHUSETTS

FOND MEMORIES

Thank you for the Amish Sugar Cookies recipe (tasteofhome.com). It takes me back to my childhood in Lancaster County, Pennsylvania, when my mom and grandmother made sugar cookies. My neighbors think they are great; they keep asking for more!

I am 73 years old and enjoy cooking. I had great coaches over the years—my two brothers-in-law were Navy chefs. My wife, Marcie, was also a great help.

Keep *Taste of Home* coming for folks who enjoy cooking as much as I do.

—Robert (Bobby) Hostetter
BRANSON, MISSOURI

BIG NIGHT OUT

In searching for a terrific ladies' night out, I came across an advertisement for the Taste of Home Cooking School show in Harrison, Ohio. I was incredibly excited to have a loving group of women with me—my daughter, mother-in-law and six sisters-in-law. We were entertained the entire evening with humor, helpful hints and delicious recipes. Culinary Specialist Dana Elliott was fabulous! Thank you for a terrific night out we'll never forget.

—Grace Neltner
LAKESIDE PARK, KENTUCKY

BERRY BLISS

I had to write to tell you that when I saw the Blackberry Cobbler recipe (June/July), I immediately thought of the mulberry tree brimming with berries in my backyard. I picked some mulberries and used them for this recipe. I also used Splenda, since I am diabetic and have to watch my sugar intake. The cobbler was delicious!

—Rosemary Salem
VIRGINIA BEACH, VIRGINIA

We welcome your comments & photos at editors@tasteofhome.com

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MIXING BOWL

FOOD NEWS • TASTY NUGGETS • FUN NOTES

89%
of shoppers say they use coupons at the supermarket

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SMART SHOPPER

Cash In with Coupons

Move over, baseball; coupon-clipping is becoming the new national pastime. The average American family saves from $5 to $9 a week with coupons. That's over $400 a year. Even smartphones have latched onto the trend. Some sites allow you to load coupons onto your phone and simply show them to the cashier for instant savings. Facebook has gotten hip to coupons, too. Almost every brand has a Facebook page; "like" them to get access to high-value coupons.

September is **National Coupon Month**, so why not check out some of our favorite sites below? You won't need your scissors, but you will need a printer.

- **Smartsource.com**
- **Coupons.com**
- **Redplum.com**
- **Retailmenot.com**

PLAY WITH YOUR FOOD

Split from the Ordinary

Take your next picnic from ho-hum to hoo-hah! Serve up an old standard with a new twist: Split a grilled bratwurst (or other sausage) in half and place in a banana split dish or small oval casserole. Between the two brat halves, place one heaping scoop each of macaroni salad, potato salad and coleslaw. Drizzle steak sauce and mustard over the two outer scoops. Over the center scoop, use a star tip to pipe a dollup of mashed potatoes. Pickle relish adds some color, and a cherry tomato tops it off just right.

Hats Off!

We want to hear about your cooking triumphs.

Did you finally get your kids to eat something healthy? Did you single-handedly cater dinner for 100? Maybe you finally got that soufflé to rise.

Send your story to editors@tasteofhome.com and put "Triumph" in the subject line. We'll award one success story each issue with a *Taste of Home* chef's hat, handmade by TOH Field Editor Virginia Watson of Missouri.

TAKE IT HOME

Class Act

You can't send months of home-cooked meals with your kids when they head off to college, but you can give them the next best thing: a digital version of *Taste of Home*. Because they receive it on their computer, it packs light and travels easy. A gift subscription costs just $4.99 a year. Check it out at coverleaf.com

GIMME 5

Make It Snappy

A warm slice of quick bread is a real treat. But a sandwich made with quick bread might be even better. Our staff offers some of their yummiest concoctions.

"Lemon poppy seed bread made into a chicken salad sandwich."
–Jan Briggs, Editor, Retail Books

"After Thanksgiving, I put turkey and cranberry sauce on pumpkin bread. My favorite way to use leftovers."
–Lori Graybowski, Editor, *Country Woman*

"I love to use various flavored quick breads to make French toast."
–Pat Schmeling, Food Editor, *Taste of Home*

"Pear, blue cheese and arugula on zucchini bread."
–Ronne Day, Food Stylist

"Cream cheese, whipped with marmalade, between two slices of banana bread."
–Marie Parker, Associate Food Editor, *Healthy Cooking*

Take Your Pick

Eckert Orchards
Belleville, Illinois

If you're looking to pick fruit, take a hayride or try a great slice of pie, stop off at Eckert Orchards in Belleville, Illinois. TOH Editor Barbara Schuetz stopped there and found it's much more than an orchard.

"I love the variety—the pick-your-own farm, country store, garden center, ice cream shop and restaurant. In addition to beautiful fresh produce and bakery items, they also have specialty foods, teas, wine and coffees."

If you can't make the trek to Eckert's, its online store allows you to order their yummy pumpkin butter, saltwater taffy, caramel apples and more.

Open year-round, at Eckert's you can:

- Pick your own strawberries, peaches, blackberries, apples and pumpkins
- Cut down your own Christmas tree
- Let the kids pet some favorite farm animals
- Select farm-fresh produce
- Play a round of mini golf

MORE ONLINE
For more info on this fun orchard and market, visit Eckerts.com
If you've got a bounty of apples, make Eckert's Golden Apple Cake at tasteofhome.com/apples

To Market, to Market

Get out to your local farmers market. Here are some fresh options.

Portland Farmers Market
Portland, Oregon
This is actually six markets in different areas of the city with 250 vendors, kids events, live music and more.
portlandfarmersmarket.org

Dane County Farmers Market
Madison, Wisconsin
Get the freshest food in season and more, all in the picturesque shadow of the state capitol building.
dcfm.org

Barton Creek Farmers Market, Austin, Texas
Founded to support local farmers, this market offers produce plus dairy products, fresh chickens, grass-fed bison...you name it.
bartoncreekfarmersmarket.org

Forsyth Farmers Market
Savannah, Georgia
This market, dedicated to providing fresh, healthy food to all, accepts food stamps and teaches kids about the vegetable of the week.
forsythfarmersmarket.org

Union Square Greenmarket
New York
This world-famous market spread out over 2 acres of parkland, offers hundreds of varieties of seasonal bounty, cheese, bread, flowers, more.
grownyc.org/greenmarket

APPLE-MANIA! It's apple-picking season, and *Taste of Home* is joining Pillsbury to present some fun *events* at orchards across the country, with coupons, giveaways and pie-making demonstrations. Find out more at tasteofhome.com/appleorchards

ENTER OUR *HIDE & SEEK* CONTEST

Find the slice of pie!

You could win a $50 gift certificate to Shop Taste of Home.

Go to tasteofhome.com/contest; 100 winners will be drawn from entries with the correct answer. Or mail a postcard with the page number and your name, address and phone number to Hide & Seek, Taste of Home, 3280 S. 60th St., Greendale, WI 53129. Winners drawn at random.

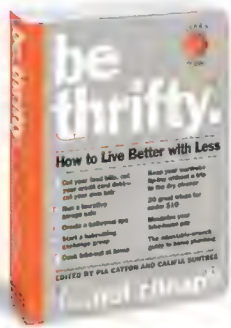
In our June/July issue, the ice cream cone was found in the photo of Citrus-Marinated Salmon, page 45.

Survey Says . . .
We asked fans on the *Taste of Home* Facebook page "What are your favorite convenience food products to have on hand?" The top grocery items were:
Spaghetti sauce
Rice mix
Cake mix
Macaroni and cheese
Frozen pizza
facebook
Become a fan of TOH on Facebook and join the fun. *Go to facebook.com/tasteofhome*

ONE FOR THE BOOKS

Be Thrifty. How to Live Better with Less

This handy guide isn't about being cheap. It's about being a smart saver in every area of your life, from cutting food bills and buying in bulk to home plumbing repairs and making clothes look great without a trip to the dry cleaner. Everyone from students to retirees will find ways to save a bit of green. $14.99, available at major book stores and workman.com.



STUFF WE LOVE!

Lunch Mates

The kids will soon be heading back to school, and you may need a few new tricks up your sleeve when it comes to packing spillproof lunches. If you're looking for a secure way to send milk, juice or soup to school—and keep it hot or cold—check out Contigo's Kids AUTOSEAL Stainless Steel Vacuum Insulated Mug and Food Jar. The AUTOSEAL assures the liquid will never leak, even if it's stored upside down in a lunch bag. Plus, the contents will stay hot up to 4 hours or cold for 12 hours. In cute, eye-catching colors, these containers will be the hit of the lunch table. $17.99. For a list of stores, or to purchase, visit gocontigo.com.

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- MEET people like you who love to cook
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taste of home COOKING SCHOOL

TOP SIRLOIN

IT SIZZLES WITH SO MANY DIFFERENT DISHES
IT HAS A "REPUTATION."

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BRIGHT IDEAS FOR WELCOMING FRIENDS & FAMILY INTO YOUR HOME

COOL CUBES

Designer ice cubes add pizzazz to summer parties and other festive occasions–so much so, you'll hate to see them melt!

To make fancy ice cubes, fill trays half full and place in freezer about an hour. You want the water to firm up but not freeze completely. Add a flower, herb or fruit. Fill up tray with water and freeze completely. As cubes melt, the berries or herbs will add a splash of flavor.

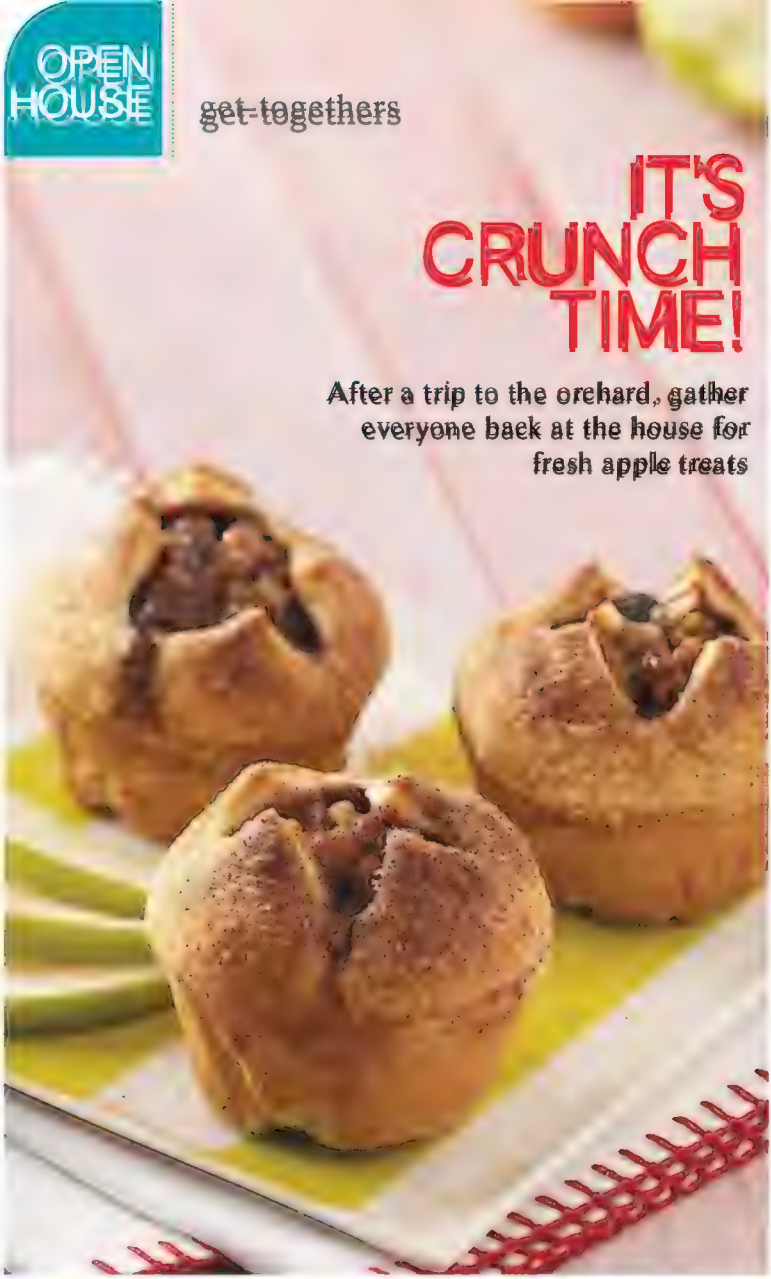
Let your imagination run wild when it comes to selecting ingredients for your ice cubes. We used, from left to right, fresh blueberries, strips of lemon peel, Odwalla Superfood juice, Kool-Aid, rose buds, borage, dill, raspberries, chive blossoms and colorful layered Kool-Aid.

Ice cube trays are available in a variety of shapes, from those that make long ice sticks for water bottles to kabobs, jewels and peace signs. To find novelty trays, visit perpetualkid.com or kaboodle.com.

For more entertaining ideas, visit tasteofhome.com/summertime

IT'S CRUNCH TIME!

After a trip to the orchard, gather everyone back at the house for fresh apple treats



CHOCOLATE MINT APPLE FONDUE

Combine a can of sweetened condensed milk, 1 cup chocolate chips and 10 chopped peppermint patties. Cook over low heat until melted. Serve with apple slices. Makes 2-1/2 cups.

Note: You can substitute a cup of peanut butter for the peppermint patties.

Deb Danner // DAYTON, OHIO

CROCKPOTS

apple crowns

Wake 'em up on chilly mornings with the tempting aroma of apples and cinnamon. "I love making these for breakfast. They're so easy."

Teresa Morris // LAUREL, DELAWARE

PREP TIME: 30 MIN. COOK TIME: 20 MIN.
YIELD: 8 SERVINGS

- 1-1/3 cups chopped peeled tart apples
- 1/3 cup chopped walnuts
- 1/3 cup raisins
- 1/2 cup sugar, divided
- 2 Tbsp. all-purpose flour
- 2 tsp. ground cinnamon, divided
- Dash salt
- 1 pkg. (17.3 oz.) large refrigerated flaky biscuits
- 2 tsp. butter, melted

In a large microwave-safe bowl, combine the apples, walnuts, raisins, 3 Tbsp. sugar, flour, 3/4 tsp. cinnamon and salt. Microwave 2-3 minutes or until almost tender.

Flatten each biscuit into a 5-in. circle. Combine remaining sugar and cinnamon; sprinkle a rounded teaspoonful of sugar mixture over each. Top each with 1/4 cup apple mixture. Bring up edges to enclose mixture; pinch edges to seal.

Place seam side down in ungreased muffin cups. Brush tops with butter; sprinkle with remaining sugar mixture. With a sharp knife, cut an "X" in the top of each.

Bake at 350° for 18-22 minutes or until golden brown. Cool for 5 minutes before removing from pan to a wire rack.

APPLE ANTICS!

Make your get-together more festive with a game of bobbing for apples. Just fill a tub of water with apples. With hands behind their backs, players try to catch a floating apple with their teeth. You can also put just one apple in the tub, replacing it for each new person.

mom's gingered apple salad

Here's a refreshing twist on the classic Waldorf salad. Seasoned with ginger, dried cranberries and water chestnuts, this combo is quick and delicious.

Rebekah Radewahn
WAUWATOSA, WISCONSIN

PREP/TOTAL TIME: 15 MIN.
YIELD: 6 SERVINGS

3 medium apples, chopped
1 can (8 oz.) water chestnuts, drained and finely chopped
2 celery ribs, finely chopped
1/2 cup dried cranberries
3 Tbsp. crystallized ginger, finely chopped
1/2 cup vanilla yogurt
1/4 cup reduced-fat mayonnaise
2 Tbsp. sugar
1/4 to 1/2 tsp. ground ginger
1/8 tsp. salt
1/4 cup chopped pecans, toasted

In a large bowl, combine the first five ingredients. Combine the yogurt, mayonnaise, sugar, ginger and salt; pour over apple mixture and toss to coat. Chill until serving. Just before serving, sprinkle with pecans.

TEST KITCHEN TIP

To place of the toasted pecans

slow-cooked stuffed apples

This irresistible dessert is slow-cooker easy. Warm and comforting, the tender apples are filled with chewy pecans and yummy caramel topping.

Pam Kaiser // MANSFIELD, MISSOURI

PREP: 20 MIN. COOK: 3 HOURS
YIELD: 6 SERVINGS

6 large tart apples
2 tsp. lemon juice
1/3 cup chopped pecans
1/4 cup chopped dried apricots
1/4 cup packed brown sugar
3 Tbsp. butter, melted
3/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
Granola and caramel ice cream topping, optional

Core apples and peel top third of each; brush peeled portions with lemon juice. Place in a 6-qt. slow cooker. Combine the pecans, apricots, brown sugar, butter, cinnamon and nutmeg. Place a heaping tablespoonful of mixture in each apple. Pour 2 cups water around apples.

Cover and cook on low for 3-4 hours or until apples are tender. Serve with granola and caramel topping if desired.

IT'S IN THE BAG!

Here's a handy apple trick from Christi Ross of Grundy Center, Iowa.

"I cut apples into slices for the kids' snacks and place in a resealable plastic bag. I pour the juice from a can of pineapple over the slices (saving the pineapple for another use), seal the bag, shake to ensure all the apples are covered, then store in the fridge. The slices stay crisp for days, never turning brown or mushy."

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discover the winning philly pheeling

GRAND PRIZE WINNER:
Barbara Estabrook, Rhinelander, WI

Cheese, Wild Mushroom 'n Bacon Pie
Philly Cream Cheese makes this a silky, savory update to the traditional quiche.

Prep: 25 min. Bake: 30 min. + standing
Makes: 6 servings

WHAT YOU NEED!
3 garlic cloves, peeled
1 tsp. canola oil
4 OSCAR MAYER bacon strips, cut into ½" pieces
1 lb. sliced assorted fresh mushrooms
¼ cup finely chopped sweet onion
3 eggs
1 pkg. (8 oz.) PHILADELPHIA cream cheese
½ tsp. salt
¼ tsp. pepper
1 sheet refrigerated pie pastry
1 cup (4 oz.) shredded sharp cheddar cheese
2 Tbsp. grated Parmesan cheese
½ tsp. paprika

MAKE IT!
PLACE garlic on a double layer of heavy-duty foil; drizzle with oil. Wrap and bake at 425°F for 15-20 min. until softened. Remove and cool.

In a large skillet, cook bacon until crisp. Remove and drain on paper towels reserving 2 tsp. drippings in skillet. Sauté mushrooms and onion in drippings until tender.

In a large bowl, beat eggs until foamy. Add softened cream cheese and beat well. Mix in salt, pepper, mushroom mixture and softened garlic.

UNROLL pastry in 9" pie plate; trim and flute edge. Fill with cheddar cheese and bacon. Pour egg mixture over the top. Sprinkle with Parmesan cheese and paprika.

BAKE at 375°F for 30-35 min. until a knife inserted in the center comes out clean. Let rest for 15 min.

For more ways to add that philly pheeling, visit spreadphilly.com
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TUSCAN CHICKEN FRITTATA
Michael Cohen, Los Angeles, CA
MAIN DISH FINALIST

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OVER-THE-BORDER SHRIMP ENCHILADAS
Beverly O'Ferrall, Linkwood, MD
MAIN DISH FINALIST

spread a little philly

spread a little philly

Smokin' Stuffed Chicken Breasts

The flavorful, creamy filling transforms the everyday chicken into a rich and irresistible surprise.

Prep: 30 min. | **Bake:** 20 min. | **Makes:** 4 servings

WHAT YOU NEED!

- 1 pkg. (8 oz.) PHILADELPHIA cream cheese, softened
- ½ cup finely chopped fully cooked smoked ham
- 2 green onions, chopped
- 1 Tbsp. minced chipotle pepper in adobo sauce
- ½ tsp. salt
- ½ tsp. smoked paprika
- 4 boneless skinless chicken breast halves (6 oz. each)
- ½ cup all-purpose flour
- 1 egg, beaten
- 1 cup panko (Japanese) bread crumbs
- ¾ cup canola oil

MAKE IT!

In a small bowl, combine the first six ingredients; set aside. Cut a pocket in the thickest part of each chicken breast; fill with cream cheese mixture. Secure with toothpicks.

Place the flour, egg and bread crumbs in three separate shallow bowls. Coat chicken with flour, then dip in egg mixture and coat with crumbs.

In a large skillet, brown chicken in oil; transfer to an ungreased baking sheet. Bake at 400° for 20-25 minutes or until a meat thermometer reads 170°. Discard toothpicks before serving.

For more ways to add that philly pheeling, visit spreadphilly.com

spread a little philly

Tuscan Chicken Frittata

Nuggets of cream cheese and plenty of sun-dried tomato and basil give this frittata a special touch and great flavor.

Prep: 20 min. | **Bake:** 20 min. | **Makes:** 6 servings

WHAT YOU NEED!

- 8 eggs
- ½ cup heavy whipping cream
- ½ cup minced fresh basil
- ¼ cup KRAFT grated Parmesan cheese, divided
- ½ tsp. salt
- ¼ tsp. pepper
- 1 pkg. (8 oz.) PHILADELPHIA cream cheese, softened and cubed
- ½ cup oil-packed sun-dried tomatoes, patted dry and chopped
- 1 cup shredded cooked chicken

MAKE IT!

In a large bowl, whisk the eggs, cream, basil, 2 Tbsp. Parmesan cheese, salt and pepper. Stir in cream cheese and sun-dried tomatoes.

Heat a 10-in. ovenproof skillet coated with cooking spray over medium heat; pour in egg mixture. As eggs set, lift edges to allow uncooked portion to flow underneath. Cook for 3-4 minutes or until frittata begins to set.

Sprinkle with chicken and remaining Parmesan cheese. Bake, uncovered, at 400° for 15-20 minutes or until eggs are completely set. Let stand for 5 minutes. Cut into wedges.

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Smoky, Creamy Mac & Cheese

The chive and onion cream cheese adds a new layer of delicious flavor to this grown-up mac & cheese that kids will love too.

Prep: 30 min. | **Bake:** 25 min. | **Makes:** 8 servings

WHAT YOU NEED!

- 2 cups uncooked elbow macaroni
- ¼ cup butter, cubed
- ¼ cup all purpose flour
- 2 cups 2% milk
- 1 tub (8 oz.) PHILADELPHIA Chive & Onion Cream Cheese Spread
- 4 oz. VELVEETA Pasteurized Prepared Cheese Product, cut into ½-in. cubes
- 1 cup (4 oz.) KRAFT shredded sharp cheddar cheese
- 5 OSCAR MAYER bacon strips, cooked and crumbled
- ½ tsp. salt
- ⅛ tsp. pepper
- ⅓ cup panko (Japanese) bread crumbs
- 2 Tbsp. butter, melted

MAKE IT!

Cook macaroni according to package directions. Meanwhile, in a large saucepan, melt butter. Stir in flour until smooth. Gradually add milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in cream cheese, VELVEETA, cheddar cheese, bacon, salt and pepper until melted.

Drain macaroni; stir into cheese sauce. Transfer to a greased 3-qt. baking dish. Combine the panko and melted butter; sprinkle over casserole. Bake at 350° for 25-30 minutes or until lightly golden brown.

For more ways to add that philly pheeling, visit spreadphilly.com

spread a little philly

Over-the-Border Shrimp Enchiladas

Southwest flavors get an unexpected spin from cream cheese and shrimp in this quick and easy weeknight favorite.

Prep: 20 min. | **Bake:** 20 min. | **Makes:** 8 servings

WHAT YOU NEED!

- 1 medium onion, chopped
- 2 Tbsp. olive oil
- ¼ lb. uncooked medium shrimp, peeled and deveined
- 1 can (4 oz.) chopped green chilies
- ½ tsp. chili powder
- ¼ tsp. salt
- ¼ tsp. ground cumin
- ¼ tsp. pepper
- 1 pkg. (8 oz.) PHILADELPHIA cream cheese, cubed
- 8 flour tortillas (8 inches), warmed
- 1 ½ cups chunky salsa
- 1 ¼ cups (6 oz.) KRAFT shredded Monterey Jack cheese

MAKE IT!

In a large skillet, sauté onion in oil until tender. Add the shrimp, green chilies, chili powder, salt, cumin, pepper, cream cheese and 2/3 cup cheese; cook and stir for 2-3 minutes or until shrimp turn pink. Stir in cream cheese until melted.

Place ¼ cup shrimp mixture down the center of each tortilla. Roll up and place seam side down in a greased 13-in. x 9-in. baking dish. Top with salsa over the top. Sprinkle with remaining cheese.

Bake, uncovered, at 350° for 20-25 minutes or until heated through.

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Make your pasta more primo when you stir in ½ cup of Philly.
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BE A HERO!

Score points with your game-day crowd when you serve these fabulous, fast-to-fix sandwiches

SHORTCUT

TIP

Combine ingredients for the olive spread and caramelize the onions the day before to cut down on last-minute preparation.

deli beef heroes

Marinated artichokes, caramelized onions and green olives add loads of flavor to these crusty roast beef sandwiches. "They're also good with pastrami or corned beef."

Cameron Byrne
RIVERTON, WYOMING

PREP/TOTAL TIME: 35 MIN.
YIELD: 12 SERVINGS

- 2 large onions, chopped
- 1/4 cup olive oil
- 6 oz. cream cheese, softened
- 3/4 cup ricotta cheese
- 3/4 cup pimiento-stuffed olives
- 2 garlic cloves, peeled
- 2 French bread baguettes (10-1/2 oz. each), split
- 1 lb. sliced deli roast beef
- 2 jars (7-1/2 oz. each) roasted sweet red peppers, drained and julienned
- 2 jars (7-1/2 oz. each) marinated quartered artichoke hearts, drained and chopped

In a large skillet, cook onions in oil over low heat for 15-20 minutes or until golden brown, stirring occasionally.

Meanwhile, place the cream cheese, ricotta cheese, olives and garlic in a food processor. Cover and process until blended. Spread over baguettes. Layer bread bottoms with roast beef, peppers, artichokes and caramelized onions; replace tops. Cut each into six slices.

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grilled vegetable sandwiches

Use some of your fresh garden bounty to build these hearty and unique subs. The basil lemon mayo adds terrific flavor.

Kathy Hewitt
CRANSTON, RHODE ISLAND

PREP: 30 MIN. GRILL: 20 MIN.
YIELD: 12 SERVINGS

- 3 large sweet red peppers
- 3 medium red onions
- 3 large zucchini
- 1/4 cup olive oil
- 3/4 tsp. salt
- 3/4 tsp. coarsely ground pepper
- 3/4 cup reduced-fat mayonnaise
- 1/3 cup minced fresh basil
- 2 Tbsp. lemon juice
- 2 garlic cloves, minced
- 12 submarine buns, split
- 24 slices cheddar cheese
- 3 medium tomatoes, sliced
- 3/4 cup hummus

Cut the red peppers into eighths; cut onions and zucchini into 1/2-in. slices. Brush vegetables with oil; sprinkle with salt and pepper. Grill vegetables in batches, covered, over medium heat or broil 4 in. from the heat for 4-5 minutes on each side or until crisp-tender. Cool.

Combine the mayonnaise, basil, lemon juice and garlic; spread over bun bottoms. Layer with cheese, grilled vegetables and tomatoes. Spread hummus over bun tops; replace tops.

GRILLED VEGETABLE SANDWICHES

MORE GAME-DAY RECIPES

Whether tailgating at a stadium or gathering around the TV for the big game, you'll need a dish that brings cheers. *Taste of Home's Game Day Recipes* offers 78 easy recipes for tempting appetizers, beverages, grilled foods and more—all on cards. Pick up a copy at the checkout counter of your favorite retailer. Aug. 3 through Sept. 14. $4.99

fiesta tuna salad sandwiches

"Sometimes I make a tuna melt out of this sandwich. The tuna salad spread is also yummy as a dip."

Kimberly Stewart
OMAHA, NEBRASKA

PREP/TOTAL TIME: 20 MIN.
YIELD: 12 SERVINGS

- 6 cans (5 oz. each) white water-packed tuna, drained and flaked
- 1 large red onion, chopped
- 2 medium tomatoes, chopped
- 2/3 cup reduced-fat mayonnaise
- 2 jalapeno peppers, seeded and finely chopped
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1 tsp. seafood seasoning
- 1 tsp. coarsely ground pepper
- 2 loaves (14 oz. each) ciabatta bread, split
- 3/4 lb. sliced pepper Jack cheese
- 12 lettuce leaves

In a large bowl, combine the first nine ingredients; spread over bread bottoms. Layer with cheese and lettuce. Replace bread tops. Cut each loaf into six slices.

EDITOR'S NOTE: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

SHORTCUT

TIP

There's no need to drain the tuna when you use the kind that comes in pouches.

MORE ONLINE

CROWD-PLEASERS

For more appetizing recipes that feed 12 or more, visit tasteofhome.com/potluck

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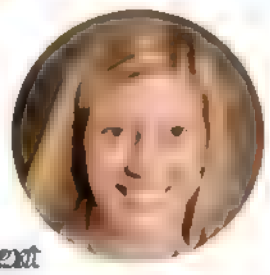
SAVORY STUFFED FIGS
STUFFED ARTICHOKE BOTTOMS

CANDIED BACON-STUFFED FIGS

Partially cook 12 slices of bacon; halved. Cut a slit into 24 dried figs; fill with a pecan half. Wrap each fig with a piece of bacon. Broil 5 min. or until crisp. Makes 2 dozen.

Maggie Zabinko
ANCHORAGE, ALASKA

blue cheese and bacon stuffed mushrooms



"A rich, warm and cheesy recipe for classic stuffed mushrooms, this attractive appetizer is perfect for your next dinner party or special event."

Kristen Woodburn
ATLANTA, GEORGIA

PREP: 30 MIN. BAKE: 20 MIN.
YIELD: 2 DOZEN

24 large fresh mushrooms
1 carton (8 oz.) reduced-fat spreadable chive and onion cream cheese
1 cup (4 oz.) crumbled blue cheese
4 green onions, chopped
2 garlic cloves, minced
3/4 cup bacon bits, divided

Remove stems from mushrooms and set caps aside; discard stems or save for another use. In a small bowl, combine the cream cheese, blue cheese, onions, garlic and 1/4 cup bacon bits. Stuff into mushroom caps, a scant tablespoonful in each.

Place in a greased 15-in. x 10-in. x 1-in. baking pan. Sprinkle with remaining bacon bits. Bake, uncovered, at 375° for 18-22 minutes or until mushrooms are tender.

seafood & cream cheese stuffed shells

"This excellent appetizer is a favorite with my guests! Cool, pretty and easy to do, it has a lovely seafood flavor. The green onions add a nice crunch."

Suzy Horvath
SHERIDAN, OREGON

PREP: 50 MIN. + CHILLING
YIELD: 3 DOZEN

1 pkg. (12 oz.) jumbo pasta shells
2 pkg. (8 oz. each) cream cheese, softened
1/3 cup mayonnaise
2 tsp. sugar
1-1/2 tsp. lemon juice
1/8 tsp. salt
1/8 tsp. coarsely ground pepper
1/8 tsp. cayenne pepper
3 cans (6 oz. each) lump crabmeat, drained
1/2 lb. frozen cooked salad shrimp, thawed
12 green onions, finely chopped

Cook pasta according to package directions; drain and rinse in cold water. Cool to room temperature.

In a large bowl, combine the cream cheese, mayonnaise, sugar, lemon juice, salt, pepper and cayenne. Gently stir in the crab, shrimp and onions. Stuff shells, about 2 Tbsp. in each. Cover and refrigerate for at least 1 hour.

stuffed artichoke bottoms

"These creamy, quick bites are really yummy and couldn't be easier to make. I prepare them ahead of time to take to a party, then bake and serve with cocktail forks."

taste of home field editor **Sandi Vanthoff**
HENDERSON, NEVADA

PREP: 15 MIN. BAKE: 25 MIN.
YIELD: 1-1/2 DOZEN

2 cans (14 oz. each) artichoke bottoms, drained
2 pkg. (one 8 oz., one 3 oz.) cream cheese, softened
3 garlic cloves, minced
2 tsp. minced chives
1 tsp. minced fresh oregano or 1/4 tsp. dried oregano
1/2 cup grated Parmesan cheese

Cut a thin slice from bottoms of artichokes to level if necessary. Place in a greased 15-in. x 10-in. x 1-in. baking pan.

In a small bowl, combine the cream cheese, garlic, chives and oregano. Spoon into artichokes; sprinkle with Parmesan cheese. Bake at 350° for 22-26 minutes or until cheese is golden brown.

MORE ONLINE

For more delicious party snacks, visit tasteofhome.com/appetizers

SHORTCUT TIP

Last-minute guests? Try this speedy taco spread. Pour salsa over an 8-ounce block of cream cheese. Sprinkle with some of your favorite taco toppings, such as sliced green onions, chopped tomato and shredded cheese. Serve with corn or tortilla chips.

SALUTE TO SUMMER

Soak up the season with outdoor festivities that show off garden veggies and warm-weather favorites

BACON-BLUE CHEESE STUFFED BURGERS
GRILLED POTATO & ARUGULA SALAD
TEST KITCHEN TIP
Lightly moistening the edges of the beef patties with water will help seal them together.

bacon-blue cheese stuffed burgers

These loaded burgers are one hearty meal on a bun. They're sure to satisfy the biggest appetites.

Christine Keating
NORWALK, CALIFORNIA

PREP: 20 MIN. GRILL: 10 MIN.
YIELD: 4 SERVINGS

- 1-1/2 lbs. lean ground beef (90% lean)
- 1 pkg. (3 oz.) cream cheese, softened
- 1/3 cup crumbled blue cheese
- 1/3 cup bacon bits
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 1 lb. sliced fresh mushrooms
- 1 Tbsp. olive oil
- 1 Tbsp. water
- 1 Tbsp. Dijon mustard
- 4 whole wheat hamburger buns, split
- 1/4 cup mayonnaise
- 4 romaine leaves
- 1 medium tomato, sliced

Shape beef into eight thin patties. Combine the cream cheese, blue cheese and bacon bits; spoon onto the center of four patties. Top with remaining patties and press edges firmly to seal. Combine salt, garlic powder and pepper; sprinkle over patties.

Grill burgers, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until a meat thermometer reads 160° and juices run clear.

Meanwhile, in a large skillet, saute mushrooms in oil until tender. Stir in water and mustard.

Serve burgers on buns with mayonnaise, romaine, tomato and mushroom mixture.

grilled potato & arugula salad

Looking for a new twist on an old picnic classic? This colorful potato salad has both sweet and Yukon Gold potatoes, fresh greens, some Cajun heat and a cool yogurt dressing.

Nancee Melin
TUCSON, ARIZONA

PREP: 30 MIN. GRILL: 15 MIN.
YIELD: 8 SERVINGS

- 2 medium sweet potatoes
- 2 medium Yukon Gold potatoes
- 4-1/2 tsp. Cajun seasoning, divided
- 1/4 tsp. salt, divided
- 1/4 tsp. pepper, divided
- 1/2 cup plain yogurt
- 4-1/2 tsp. lemon juice
- 2 garlic cloves, minced
- 3 cups fresh arugula or baby spinach
- 1 cup grape tomatoes
- 1/2 cup pitted Greek olives, sliced
- 6 green onions, chopped

Pierce sweet potatoes and Yukon Gold potatoes; microwave, uncovered, on high for 4 minutes, turning once.

When potatoes are cool enough to handle, peel and cut into 1/2-in. slices. Sprinkle with 4 tsp. Cajun seasoning, 1/8 tsp. salt and 1/8 tsp. pepper.

Place potato slices on a grilling grid; transfer to grill rack. Grill, covered, over medium heat for 15-20 minutes or until tender, turning occasionally.

In a large bowl, combine the yogurt, lemon juice, garlic and remaining Cajun seasoning, salt and pepper. Gently fold in the arugula, tomatoes, olives, onions and potatoes.

EDITOR'S NOTE: This recipe was tested in a 1,100-watt microwave.

Nutrition Facts: 1 cup equals 116 calories, 3 g fat (1 g saturated fat), 2 mg cholesterol, 333 mg sodium, 20 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

easy garden tomatoes

"Simple as it is, this is one of my favorite dishes, and my family loves it. I made three batches the first time, and a few stray olive slices were the only things left on the platter."

Heather Ahrens
AVON, OHIO

PREP/TOTAL TIME: 15 MIN.
YIELD: 6 SERVINGS

- 3 large tomatoes, thinly sliced
- 1 large red onion, thinly sliced
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 2 garlic cloves, minced
- 1 Tbsp. minced fresh basil or 1 tsp. dried basil
- 1-1/2 tsp. minced fresh oregano or 1/2 tsp. dried oregano
- 3/4 cup crumbled feta cheese
- 1 can (2-1/4 oz.) sliced ripe olives, drained

Arrange tomatoes and onion on a serving platter. Whisk the oil, vinegar, garlic, basil and oregano; drizzle over salad. Top with cheese and olives. Chill until serving.

SHORTCUT

TIP

Instead of making the dressing for tomatoes above, use store-bought red wine vinaigrette.

ladyfinger ice cream cake

No one will believe you didn't fuss when you bring out this show-stopper. On a hot summer day, it will melt all resistance to dessert—one cool, creamy slice at a time.

Barbara McCalley
ALMSON PARK, PENNSYLVANIA

PREP/TOTAL TIME: 25 MIN. + FREEZING
YIELD: 16 SERVINGS

- 2 pkg. (3 oz. each) ladyfingers, split
- 3 cups vanilla ice cream, softened
- 1 jar (16 oz.) hot fudge ice cream topping
- 1 pkg. (8 oz.) toffee bits
- 3 cups chocolate ice cream, softened
- 3 cups coffee ice cream, softened

Arrange ladyfingers around the edge and on the bottom of a 9-in. springform pan coated with cooking spray.

Spoon vanilla ice cream into prepared pan. Top with a third of the ice cream topping and toffee bits. Freeze 20 minutes. Repeat layers, using chocolate and coffee ice creams (pan will be full). Freeze overnight or until firm.

SHORTCUT

TIP

You can make this easy dessert and freeze it up to a week in advance.

FIT FOR ONE, FIT FOR ALL

A renovation project becomes a special gift for this family

Tony and Kathy Mongillo
TRUMBULL, CONNECTICUT

REMODELED KITCHEN WINNER

When a remodel creates a kitchen that's both stunning and functional, it deserves recognition. So said the judges when they chose Tony and Kathy Mongillo's kitchen as a winner in our Dream Kitchen contest. With a spacious floor plan, dark cherry cabinets and handicap-accessible features, the kitchen took the grand prize in the remodeled category.

Son Anthony, an avid cook, uses a wheelchair. So they knew the kitchen would need to be designed with him in mind.

"We bumped out the wall between the dining room and the kitchen to give him more room to navigate around the island," says Kathy, Anthony's stepmom. "We also indented part of the island to allow him more room at the fridge. Plus, we moved the wall in the dining area back 4 feet to give Anthony clear passage to the deck, so he can man the grill or get herbs from the garden."

With the help of a creative contractor, the Mongillos built a once-in-a-lifetime kitchen, from the durable porcelain floor tile to the double sinks.

"The kitchen is the most important part of our home," says Kathy, a registered nurse. "It's my dream kitchen because it was a gift from my husband and we planned it together. We love being in it and spending time together as a family."

The family also includes daughter Cristina.

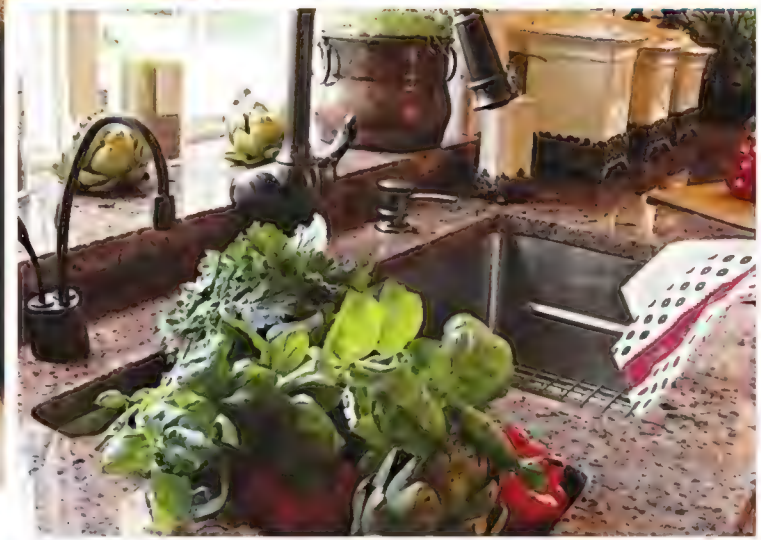
A pot-filler is a big help for making large servings of pasta on the six-burner Dacor stove. The appliances are finished in the same black glazed cherry wood as the cabinets. The contractor even added custom-designed molding.

The Mongillos were thrilled to learn their remodeled kitchen, a 4-month project, was a big winner. But their $1,000 prize money is already gone.

"We've already spent our winnings renovating the foyer," says Tony, "because Kathy was concerned that the *Taste of Home* cameras would catch a glimpse of our old wallpaper."

MORE ONLINE

For more photos of this fabulous kitchen, a floor plan, and Kathy's delicious Penne alla Vodka recipe, visit tasteofhome.com/kathy



Top: Tony bought this stoneware while in Italy for medical school. Above: Two sinks make washing veggies and dishes a cinch. Left: A coffee station keeps everything at hand. Right: Kathy and Tony Mongillo are joined by (clockwise) daughter Cristina; son Anthony; his girlfriend, Caitlin Lynch; Kathy's mom, Claydee Kochiss; and Caitlin's dog, Laser.

We wanted the kitchen to reflect our unique family personality.

— Kathy Mongillo // Trumbull, Connecticut

tasteofhome.com 35

SLOW COOK

QUICK CLEAN

Reynolds®

Prevent a baked on mess and eliminate soaking and scrubbing. Find us next to Reynolds Wrap® Foil at your favorite store.

Line it. Cook it. Toss it.

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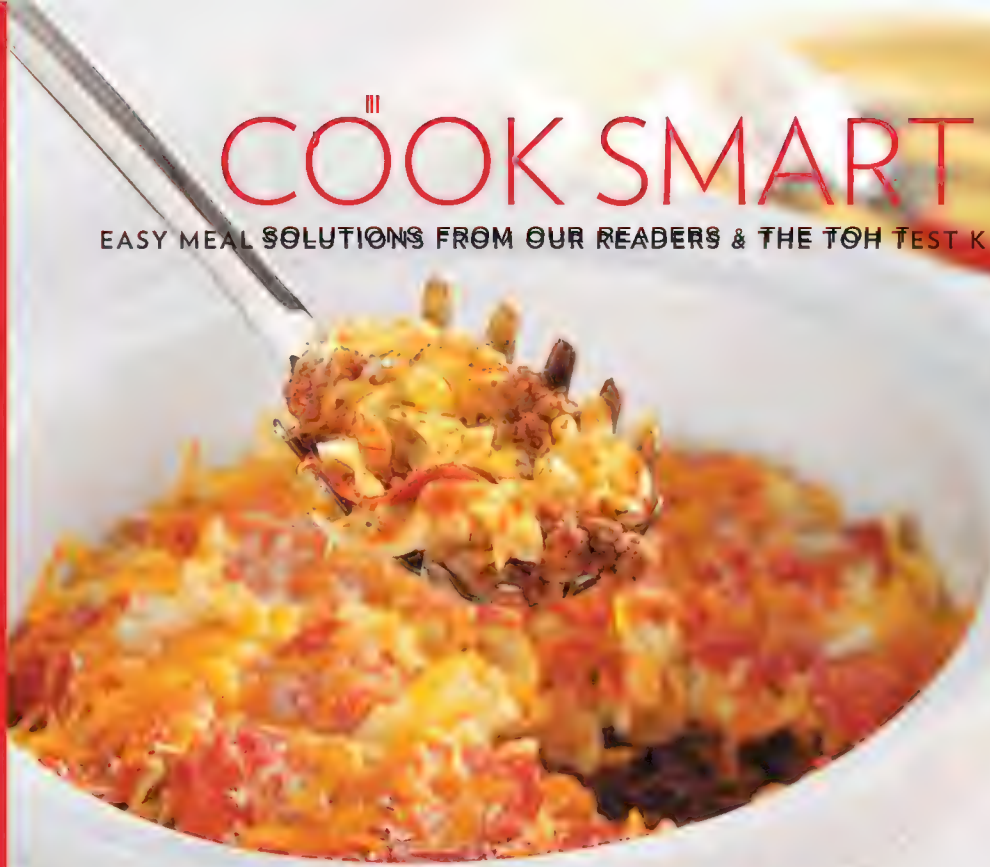
COOK SMART

EASY MEAL SOLUTIONS FROM OUR READERS & THE TOH TEST KITCHEN



SLOW AND SURE

Follow our test kitchen's advice and slow cook to perfection

HOW MUCH FOOD SHOULD I PUT IN MY SLOW COOKER?

To cook food properly and safely, fill your slow cooker at least half full, but not more than two-thirds full.

CAN I OPEN THE LID AND STIR?

It's tempting, but each time you remove the lid, you increase the cooking time by 20 to 30 minutes.

SHOULD I BROWN MEAT FIRST?

For food safety reasons, cook and drain all ground meats. But you don't need to brown large cuts of meat beforehand.

DO I NEED TO PREHEAT MY SLOW COOKER?

No, you don't. You can place all the ingredients in the crock the night before, cover and refrigerate overnight. In the morning, place the crock in the slow cooker, turn it on and go!

IS THERE AN EASY WAY TO CLEAN A SLOW COOKER?

Cleaning is a breeze if you use a slow cooker liner. Place the liner in the crock, add your ingredients and cook as you normally would. After cooking, remove the meal from the pot and simply throw away the liner.

TAKE IT SLOW For more tips on using your slow cooker, visit tasteofhome.com/slowcooker101

MAKE IT MEDITERRANEAN

Olive oil, veggies and bold flavors are vital to the deliciously healthy Mediterranean diet

summertime orzo & chicken

This easy-as-can-be main dish is likely to become a summer staple at your house. It's that good! If you prefer, grill the chicken breasts instead of cooking in a skillet.

Fran MacMillan
WEST MELBOURNE, FLORIDA

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

- 3/4 cup uncooked orzo pasta
- 1 lb. boneless skinless chicken breasts, cut into 1-in. pieces
- 1 medium cucumber, chopped
- 1 small red onion, chopped
- 1/4 cup minced fresh parsley
- 2 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup crumbled reduced-fat feta cheese

Cook pasta according to package directions. Meanwhile, in a large skillet coated with cooking spray, cook chicken over medium heat for 6-8 minutes or until no longer pink.

In a large bowl, combine the cucumber, onion, parsley and chicken. Drain pasta; stir into chicken mixture. In a small bowl, whisk the lemon juice, oil, salt and pepper. Pour over chicken mixture; toss to coat. Serve warm or cold. Just before serving, sprinkle with cheese.

Nutrition Facts: 1 1/4 cups orzo mixture with 1 Tbsp. cheese equals 351 calories, 7 g fat (2 g saturated fat), 73 mg cholesterol, 376 mg sodium, 35 g carbohydrate, 2 g fiber, 30 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1 fat.

WHAT'S THE MEDITERRANEAN DIET?
Learn more about it and why it's good for you on page 40.

TIP

To peel shrimp quickly, use a hand-held plastic letter opener. It splits the shell and makes deveining easier.

shrimp and scallop couscous

When it comes to pleasing guests, this fast and filling seafood skillet is a "shore thing." Round out the meal with garlic breadsticks.

Marvin Meuser Jr.
PRINCETON, INDIANA

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

- 2 medium zucchini, julienned
- 1 medium green pepper, julienned
- 2 Tbsp. olive oil
- 3 plum tomatoes, chopped
- 4 green onions, chopped
- 1 Tbsp. minced fresh basil or 1 tsp. dried basil
- 3 tsp. chili powder
- 1 garlic clove, minced
- 1/2 tsp. dried oregano
- 1/2 lb. uncooked medium shrimp, peeled and deveined
- 1/2 lb. bay scallops
- 1/4 tsp. salt
- 1/8 tsp. pepper
- Hot cooked couscous or rice
- Thinly sliced fresh basil leaves, optional

In a large skillet, saute zucchini and green pepper in oil until tender. Add the tomatoes, onions, basil, chili powder, garlic and oregano. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in the shrimp, scallops, salt and pepper. Return to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until shrimp turn pink and scallops are opaque. Serve with couscous. Garnish with sliced basil if desired.

Nutrition Facts: 1 cup seafood mixture (calculated without couscous) equals 201 calories, 9 g fat (1 g saturated fat), 88 mg cholesterol, 342 mg sodium, 11 g carbohydrate, 3 g fiber, 21 g protein. Diabetic Exchanges: 3 very lean meat, 1 1/2 fat, 1 vegetable.

TEST KITCHEN TIP

If your scallops seem sandy, rinse them quickly under cold water and immediately pat dry.

mushroom primavera pasta sauce

This meatless meal has plenty of mushrooms and vegetables in a rich tomato sauce.

Cindy Adams // TRACY, CALIFORNIA

PREP: 50 MIN. COOK: 45 MIN.
YIELD: 8 SERVINGS

- 1 large onion, chopped
- 1 Tbsp. olive oil
- 1 whole garlic bulb, peeled and minced
- 15 plum tomatoes, peeled and chopped
- 2 medium zucchini, grated
- 2 medium carrots, grated
- 1 medium green pepper, chopped
- 1 medium sweet red pepper, chopped
- 1/4 cup water
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 lb. fresh mushrooms, quartered
- Hot cooked multigrain pasta
- Shredded Parmesan cheese

In a large saucepan, saute onion in oil until tender. Add garlic; cook 1 minute longer. Add the tomatoes, zucchini, carrots, peppers, water, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables are tender, stirring occasionally. Stir in mushrooms; cook 10 minutes longer or just until mushrooms are tender. Serve over pasta. Sprinkle with cheese.

Nutrition Facts: 3/4 cup (calculated without pasta and cheese) equals 85 calories, 2 g fat (trace saturated fat), 0 cholesterol, 321 mg sodium, 15 g carbohydrate, 4 g fiber, 4 g protein. Diabetic Exchange: 3 vegetable.

MUSHROOM PRIMAVERA PASTA SAUCE

SHORTCUT

TIP

To easily peel the tomatoes, drop into boiling water for about 1 minute, then plunge them into icy cold water. The skins will come right off.

MORE ONLINE

For more recipes plus healthy living tips, visit tasteofhome.com/healthy.

tasteofhome.com 39

COOK SMART

eat smart

MORE VEGGIES, PLEASE

Experts recommend eating 5 or more servings of fruits and vegetables a day. Loaded with vitamins and minerals, vegetables are also a great way to add fiber to your diet. Sometimes, though, it's a challenge getting your recommended dose of veggies. These simple tips will help you add more veggies to every meal of the day:

- Scramble eggs with sauteed onion, sweet pepper and chopped tomatoes.
- Add shredded zucchini to homemade bread, muffins, casseroles or meat loaf.
- Dress up cold sandwiches with romaine lettuce, grated carrot, thinly sliced cucumber and tomato. Add a slice or two of tomato to grilled cheese.
- Mix chopped spinach or other greens into spaghetti sauce.
- At least 1 night a week, plan your meal around a vegetable main dish.
- Soups and stews warm you up on cool autumn days. Load them up with all kinds of veggies.

MIGRAINE SOLUTIONS

If you suffer from migraines, you probably know to avoid "trigger" foods. Among the common culprits are aged cheese, alcohol, chocolate, coffee, citrus fruits and processed foods. Skipping meals can also trigger a headache.

But did you know that some foods can help ease migraine pain? The next time you feel one coming on, start loading up on foods high in magnesium and calcium, such as spinach, kale or broccoli. Some people find relief from ginger. Try ginger ale made with real ginger, or drink cups of ginger tea. Other foods that might prove beneficial include garlic, oatmeal, fish, grapes and cayenne pepper.

SAYING NO TO DESSERT

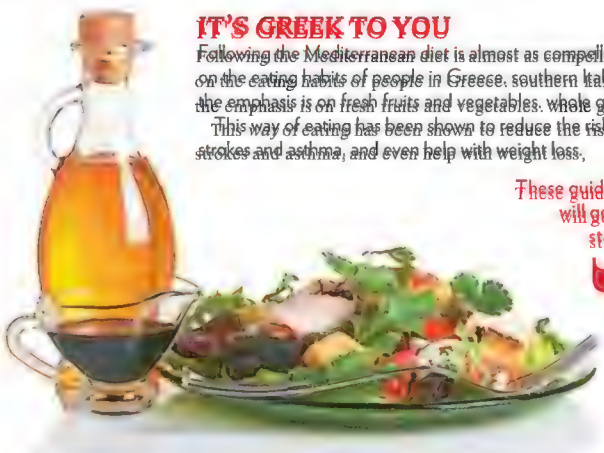
The American Heart Association regularly issues a red heart-check mark symbol to denote grocery items that meet their heart-healthy criteria. Earlier this year, the AHA chose to remove desserts from its list of products that qualify for the symbol, as part of its battle against high-sugar diets.

The heart-check mark has been a recognized symbol for heart-healthy food products since 1995. Today, it is the most trusted health symbol in the food industry. Over the past 15 years, some desserts have received the designation and can keep their symbol until their current packages run out. The decision to remove the symbol from the AHA's list of desserts comes as a further restriction.

THE DIRTY DOZEN

You don't have to be an environmentalist to be concerned about pesticide residue on produce. The 12 items that are highest in pesticides are apples, celery, cherries, grapes, lettuce, nectarines, peaches, pears, potatoes, spinach, strawberries and sweet bell peppers. Keep on eating lots of fruits and veggies, but make sure to wash them before using or buy organic.

IT'S GREEK TO YOU



Following the Mediterranean diet is almost as compelling as living on the shores of that glittering sea. Based on the eating habits of people in Greece, southern Italy and other countries bordering the Mediterranean Sea, the emphasis is on fresh fruits and vegetables, whole grains, flavorful herbs and healthy fats.

This way of eating has been shown to reduce the risk of heart disease and cancer, protect against diabetes, strokes and asthma, and even help with weight loss.

These guidelines will get you started:

- Fill your plate with greens as well as other vegetables, fruits, legumes and whole grains.
- Instead of butter, rely on extra virgin olive oil and canola oil.
- Skip the salt in favor of herbs and spices.
- Eat less red meat and more fish or shellfish.
- Limit higher-fat dairy products; for example, use yogurt instead of cream in soups.
- Snack on small portions of nuts or sprinkle on top of salads.

someone who's got what you've got is out doing what you're not

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms. Help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the following page and discuss it with your doctor.
To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

ONCE-A-DAY
SINGULAIR™
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-36 or visit merck.com/merckhelps.

Enroll now in the Asthma Information Resource (A.I.R.) Program. Learn ways to help manage your asthma.

Eligible patients may also save money on prescriptions for SINGULAIR.* Go to **AIRforasthma.com** to enroll now and start receiving asthma information today. As a member of the A.I.R. Program, you'll have access to helpful tips on:

- Getting the most out of your doctor appointment
- Understanding asthma
- How to recognize things that can trigger an attack
- How to be active with asthma
- Money-saving offers for eligible patients*

This is not a coupon.

*Not all patients are eligible. Restrictions apply. See terms and conditions at AIRforasthma.com.

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SINGULAIR® (SING-u-lair) tablets, Chewable Tablets, and Oral Granules
SINGULAIR™ (SING-u-lair) tablets, Chewable tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR. Also, read the leaflet each time you refill your SINGULAIR prescription. There may be new information in it. This information does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Leukotrienes can cause inflammation, narrowing of the airways, and other symptoms of allergies. By blocking leukotrienes, SINGULAIR improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.
   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy.** Tell your doctor if you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- **Breast-feeding.** Tell your doctor if you are breast-feeding. SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies.** Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines.** Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not take SINGULAIR daily for chronic treatment of asthma or allergic rhinitis. Only take as needed for prevention of exercise-induced asthma. Speak to your doctor about your asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods to cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- stomach or intestinal upset
- heartburn
- dizziness
- tiredness
- fever
- fever
- stuffy nose
- stuffy nose
- cough
- cough
- flu
- flu
- upper respiratory infection
- upper respiratory infection
- dizziness
- dizziness
- headache
- headache
- rash
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- increased bleeding tendency
- allergic reactions including swelling of the face, lips, tongue, and/or throat which may cause trouble breathing or swallowing, hives and itching
- allergic reactions including swelling of the face, lips, tongue, and/or throat which may cause trouble breathing or swallowing, hives and itching
- dizziness, pins and needles sensations, seizures (convulsions or fits)
- dizziness, pins and needles sensations, seizures (convulsions or fits)
- palpitations
- palpitations
- nose bleeds
- nose bleeds
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- hepatitis
- dreams
- dreams
- bruising
- bruising
- joint pain, muscle aches and muscle cramps
- joint pain, muscle aches and muscle cramps
- swelling
- swelling

Behavior and mood-related changes have been reported in adults and children taking SINGULAIR. Reported behavioral changes include: aggressive behavior or hostility, agitation including aggressive behavior or hostility, anxiety, bad dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), trouble sleeping, among others. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have had blood eosinophils (a kind of white blood cell) rise, have experienced a condition that includes certain symptoms that do not go away, or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroid pills were slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**

- a flu-like illness
- a feeling of pins and needles or numbness of arms or legs
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are all the possible side effects of SINGULAIR. For more information, ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4 mg and 5 mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath
- shortness of breath

What is exercise-induced asthma?

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction, occurs when exercise triggers symptoms of asthma. It occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, occurs during certain seasons of the year. It is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or molds/spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only

US Patent No.: 5,565,473 Issued August 2009
US Patent No.: 5,565,413 Issued August 2009

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COOK SMART

SHORTCUT

TWO FOR THE PRICE OF ONE

A pound of ground beef equals two satisfying casseroles sized just right for a couple

Hamburger noodle bake

Cream cheese and cottage cheese nicely balance the saucy ground beef and noodles in this hearty casserole.

Charissa Dunn
BARTLESVILLE, OKLAHOMA

PREP: 35 MIN. BAKE: 20 MIN.
YIELD: 2 SERVINGS

- 2 cups uncooked egg noodles
- 1/2 lb. lean ground beef (90% lean)
- 2 Tbsp. finely chopped onion
- 1 can (8 oz.) tomato sauce
- 1/4 tsp. sugar
- 1/8 tsp. salt
- 1/8 tsp. garlic salt
- Dash pepper
- 1/4 cup cream-style cottage cheese
- 2 oz. cream cheese, softened
- 1 Tbsp. thinly sliced green onion
- 1 Tbsp. chopped green pepper
- 1 Tbsp. sour cream
- 2 Tbsp. grated Parmesan cheese

Cook the noodles according to package directions.

Meanwhile, in a large skillet, cook beef and onion until meat is no longer pink; drain. Remove from the heat; stir in the tomato sauce, sugar, salt, garlic salt and pepper. In a small bowl, combine the cottage cheese, cream cheese, green onion, green pepper and sour cream.

Drain noodles; place half of the noodles in a greased 1-qt. baking dish. Spoon half of beef mixture over the top. Layer with cottage cheese mixture and remaining noodles. Top with remaining beef mixture; sprinkle with Parmesan cheese.

Cover and bake at 350° for 20-25 minutes or until heated through.

MORE ONLINE

For more recipes sized for two, visit tasteofhome.com/cookingfor2comycooking1012

cowboy casserole

"This quick and creamy Tater Tot bake is great comfort food, especially on a cool night."

Donna Donhauser
REMSEN, NEW YORK

PREP: 15 MIN. BAKE: 20 MIN.
YIELD: 2 SERVINGS

- 1/2 lb. lean ground beef (90% lean)
- 1 can (8-3/4 oz.) whole kernel corn, drained
- 2/3 cup condensed cream of chicken soup, undiluted
- 1/2 cup shredded cheddar cheese, divided
- 1/3 cup 2% milk
- 2 Tbsp. sour cream
- 3/4 tsp. onion powder
- 1/4 tsp. pepper
- 2 cups frozen Tater Tots

In a large skillet, cook beef over medium heat until no longer pink. Stir in the corn, soup, 1/4 cup cheese, milk, sour cream, onion powder and pepper.

Place 1 cup Tater Tots in a 3-cup baking dish coated with cooking spray. Layer with beef mixture and remaining Tater Tots; sprinkle with the remaining cheese. Bake, uncovered, at 375° for 20-25 minutes or until bubbly.

AFTER-SCHOOL APPETITES

When the kids come home hungry after class is dismissed, whip up these simple snacks in a matter of minutes

APRICOT TURKEY PINWHEELS

Spread 1/4 cup apricot preserves onto a sheet of puff pastry. Sprinkle with 1/2 tsp. ground mustard. Layer with 1/4 lb. sliced deli turkey and 1/2 cup shredded Monterey Jack cheese. Roll up jelly-roll style. Cut into 16 slices. Bake at 400° for 15 min. or until browned.

Melanie Foster
BLAINE, MINNESOTA

MAPLE-PECAN SNACK MIX

Microwave 1/4 cup each butter, brown sugar and maple syrup on high for 2 min., stirring once. Pour over 5 cups Honey Nut Chex, 1 cup granola and 1 cup pecans; toss. Microwave on high for 4 min., stirring every min. Cool on waxed paper. Add 3/4 cup each dried blueberries and chocolate chips.

Jackie Gregston
HALLSVILLE, TEXAS

BLUEBERRY FRUIT DIP

Combine 4 oz. cream cheese, 1/2 cup confectioners' sugar and cinnamon and lemon juice to taste. Stir in 1/2 cup blueberries. Makes 1 cup. Serve with assorted fresh fruit, cookies or graham crackers.

Renee Sevigny
WAYLAND, MICHIGAN

BACON-WRAPPED BREADSTICKS

Wrap strips of bacon around refrigerated breadsticks. Bake at 375° for 15 min. or until golden brown. While warm, roll breadsticks in grated Parmesan cheese and garlic powder.

Wendy Domres
WEST BEND, WISCONSIN

ENGLISH WHITE PIZZAS

Top 4 split English muffins with a mixture of 1-1/3 cups shredded mozzarella cheese, 1/2 cup mayonnaise, oregano, garlic powder, salt and pepper. Broil for 5 min. or until bubbly.

Jocelyn Hook
SWOYERSVILLE, PENNSYLVANIA

For more easy and tasty after-school snacking ideas and recipes, check out tasteofhome.com/backtoschool

COOK SMART

HERBAL HANDIWORK

"Make the most of your herb garden harvest."

—Danielle Edmonds // CULINARY SPECIALIST

Summer herb gardens are a great money saver and can provide a world of wonderful flavors with little effort. To enjoy the harvest to the fullest, try some of these easy ideas:

- **Herb oil.** Puree 2 handfuls of herb leaves with 1 cup of canola oil in your blender. Store the herb oil in the refrigerator for up to a few days. Use for adding flavor to chicken, seafood and vegetables, especially when grilling.
- **Herb butter.** Use 2 packed cups of herbs (just the leaves) and chop in a food processor. Add 1 pound of unsalted butter and mix well for 15-30 seconds. Place herb butter on a large piece of parchment paper in a long log shape. Wrap well and cover with plastic wrap. Refrigerate for up to 1 week, or store in the freezer. Use the butter for cooking vegetables, or add 1-2 tablespoons of the butter when pan frying chicken or seafood.
- **Salad Fixin's.** Add 1/4 cup of finely chopped herbs to a garden salad. The additional flavors will give a new spin to your favorite salad. An easy way to chop herbs is with kitchen shears.
- **Make pesto.** Light and delicious, it's ideal for summer. Use pesto as a sandwich spread, in homemade salad dressing, as a stuffing or on meats. Check out tasteofhome.com/pesto for pesto recipes and dishes using pesto.

Our fall season begins in early September. To learn more, visit tasteofhome.com/cookingschool

If you could take fewer pills, why wouldn't you?

When it comes to arthritis* and body pain relief, you can take fewer pills with Aleve.† Just two Aleve have the strength to last all day. That would take four times as many Tylenol.†† **Fewer pills. All-day relief.**

BAYER

For a coupon to try Aleve, visit aleve.com

*Use as directed for minor arthritis pain †Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours. ©2010 Bayer HealthCare LLC

COOK SMART

weeknight solutions

SHORTCUT

READY, SET...SUPPER!

Need help planning dinner for your busy family?
We've got you covered with five easy, perfectly paired menus

MONTEREY RANCH BREAD

Brush a split loaf of French bread with melted butter; broil until browned. Combine 2 cups shredded Monterey Jack cheese with 3/4 cup ranch dressing. Spread over bread. Bake at 350° for 10 minutes or until cheese melts. Sprinkle with parsley. Serves 8.

Shirley Rinvarsky
DICKINSON, NORTH DAKOTA

MONDAY

fire island ziti

"I've always been fascinated by Fire Island, New York, and thought the name fit this slightly spicy pasta dish." The tiny, car-free island is a popular vacation destination.

Candace Reed // DE SOTO, TEXAS

PREP: 30 MIN. COOK: 20 MIN.
PITS: 30 MIN. COOK 20 MIN.
YIELD: 5 SERVINGS

- 2 lbs. plum tomatoes, halved lengthwise
- 3 Tbsp. olive oil, divided
- 2 garlic cloves, minced
- 1 tsp. salt
- 8 oz. uncooked ziti
- 2 cups fresh broccoli florets
- 1 lb. Italian sausage links, cut into 1/2-in. slices
- 1/2 tsp. crushed red pepper flakes
- 1/3 cup grated Romano or Parmesan cheese

Toss the tomatoes with 2 Tbsp. oil, garlic and salt. Place cut side down in a 15-in. x 10-in. x 1-in. baking pan. Bake at 450° for 20-25 minutes or until tender. Chop when cool enough to handle.

Cook ziti according to package directions, adding broccoli during the last 4 minutes. Meanwhile, in a large skillet over medium heat, cook sausage in remaining oil until no longer pink. Add pepper flakes; cook 1 minute longer. Stir in tomatoes and heat through.

Drain ziti mixture; toss with sausage mixture. Sprinkle with cheese.

TEST KITCHEN TIP

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TUESDAY

kielbasa chicken kabobs

"You can substitute orange juice for the pineapple juice, or beef for the chicken. Just about any veggie, especially mushrooms, works well."

Cristi Smay
CLEARFIELD, PENNSYLVANIA

PREP: 20 MIN. + MARINATING
GRILL: 20 MIN.
YIELD: 16 KABOBS

- 3/4 cup unsweetened pineapple juice
- 1/4 cup cider vinegar
- 1/4 cup canola oil
- 2 Tbsp. sugar
- 2 Tbsp. soy sauce
- 1/2 tsp. garlic powder
- 1/4 tsp. lemon-pepper seasoning
- 2 lbs. boneless skinless chicken breasts, cut into 1-in. cubes
- 1 lb. smoked kielbasa or Polish sausage, thickly sliced
- 1 can (20 oz.) unsweetened pineapple chunks, drained
- 2 medium green peppers, quartered
- 2 cups grape tomatoes
- 2 medium red onions, quartered

In a small bowl, combine first seven ingredients. Remove 1/2 cup for basting; cover and refrigerate. Divide remaining marinade between two large resealable plastic bags. Add chicken to one bag; add the kielbasa, pineapple and vegetables to the other bag. Seal bags and turn to coat; refrigerate for at least 2 hours.

On 16 metal or soaked wooden skewers, alternately thread the chicken, kielbasa, pineapple and vegetables.

Using long-handled tongs, dip a paper towel in cooking oil and lightly coat the grill rack. Grill kabobs, covered, over medium heat or broil 4 in. from the heat for 10-15 minutes or until chicken is no longer pink, turning frequently and basting with reserved marinade.

ON THE SIDE

ALMOND RICE PILAF

Brown 3/4 cup chopped onion and 1/2 cup slivered almonds in 1 Tbsp. butter. Add 2 cups chicken broth; bring to a boil. Stir in 2 cups uncooked instant rice. Cover; remove from heat; let stand for 5 minutes. Serves 6.

Sharon Adamczyk
WIND LAKE, WISCONSIN

WEDNESDAY

one-skillet pasta

"This simple family favorite is a tasty twist on traditional spaghetti. By cooking everything in one pot, you save time on prep and cleanup."

Susan Spence
LAWRENCEVILLE, VIRGINIA

PREP: 20 MIN. COOK: 1-1/4 HOURS
YIELD: 5 SERVINGS

- 1-1/2 lbs. ground turkey
- 1 medium onion, finely chopped
- 1 medium sweet red pepper, finely chopped
- 1 can (28 oz.) diced tomatoes, undrained
- 1 can (14-1/2 oz.) fire-roasted diced tomatoes, undrained
- 1 can (14-1/2 oz.) reduced-sodium beef broth
- 1 can (4 oz.) sliced mushrooms
- 1 Tbsp. packed brown sugar
- 1 Tbsp. chili powder
- 8 oz. uncooked angel hair pasta
- 1 cup (4 oz.) shredded cheddar cheese

In a large skillet, cook the turkey, onion and pepper over medium heat until meat is no longer pink; drain.

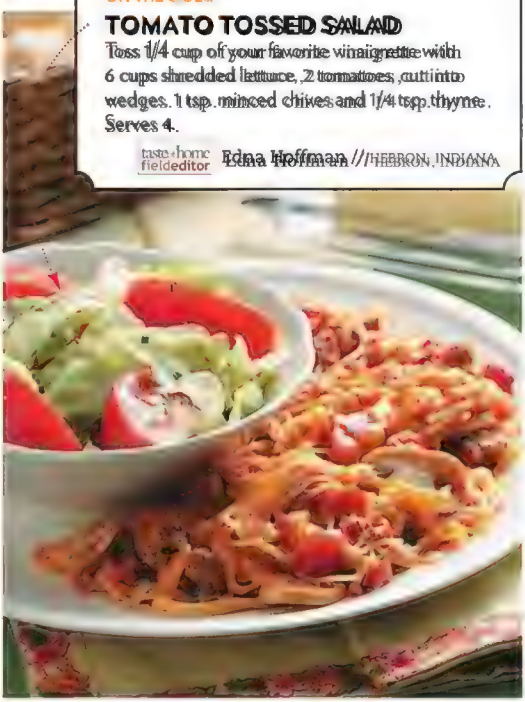
Add the tomatoes, broth, mushrooms, brown sugar and chili powder. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes. Add pasta; return to a boil. Reduce heat; cover and simmer for 30-35 minutes or until pasta is tender. Sprinkle with cheese. Cover and cook 2-3 minutes longer or until cheese is melted.

ON THE SIDE

TOMATO TOSSED SALAD

Toss 1/4 cup of your favorite vinaigrette with 6 cups shredded lettuce, 2 tomatoes, cut into wedges, 1 tsp. minced chives and 1/4 tsp. thyme. Serves 4.

taste of home fieldeditor Edna Hoffman //HEBRON, INDIANA



ITALIAN CUCUMBER SALAD

Combine 2 sliced cucumbers, 1 cup halved cherry tomatoes, 1 cup sliced red onion and 1/2 cup chopped green pepper with 1/2 cup Italian dressing. Serves 6.

Janie Nichols // HOUSTON, TEXAS

THURSDAY

sesame-pepper flank steak

Peppery, yet sweet, this tender steak makes a hearty, flavorful ending to a busy day at school or the office.

taste of home fieldeditor **Vera Reid** LARAMIE, WYOMING

PREP: 10 MIN. + MARINATING
GRILL: 15 MIN. YIELD: 8 SERVINGS

- 1/4 cup sugar
- 1/4 cup reduced-sodium soy sauce
- 4 green onions, sliced
- 4 garlic cloves, minced
- 1 Tbsp. sesame seeds
- 1 Tbsp. minced fresh gingerroot
- 1 Tbsp. sesame oil
- 2 tsp. pepper
- 1 beef flank steak (2 lbs.)

In a large resealable plastic bag, combine the first eight ingredients. Score the surface of the beef with shallow diagonal cuts, making diamond shapes; place in bag. Seal bag and turn to coat; refrigerate for 8 hours or overnight.

Drain and discard marinade. Using long-handled tongs, dip a paper towel in cooking oil and lightly coat the grill rack. Grill beef, covered, over medium heat or broil 4 in. from heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).

Let stand for 5 minutes; thinly slice across the grain.

FRIDAY

chicken continental

Mushroom lovers rejoice! This moist chicken dish combines garlic and mushrooms into one mouthwatering entree.

taste of home fieldeditor **Rebecca Baird** SALT LAKE CITY, UTAH

PREP: 30 MIN. COOK: 40 MIN.
YIELD: 4 SERVINGS

- 2/3 cup uncooked brown rice
- 2 Tbsp. plus 2 tsp. cornstarch, divided
- 1-1/4 tsp. garlic-herb seasoning blend
- 4 boneless skinless chicken breast halves (5 oz. each)
- 1 Tbsp. olive oil
- 3/4 lb. sliced fresh mushrooms
- 6 green onions, thinly sliced
- 1/4 cup balsamic vinegar
- 2 garlic cloves, minced
- 1 Tbsp. capers, drained
- 3/4 cup reduced-sodium chicken broth
- 1 bay leaf
- 1 tsp. minced fresh thyme or 1/4 tsp. dried thyme
- 2 tsp. cold water

Cook rice according to package directions. In a small bowl, combine 2 Tbsp. cornstarch and the seasoning blend; sprinkle over chicken on both sides.

In a large skillet over medium heat, brown chicken in oil. Remove and keep warm. Add mushrooms and onions to the pan; cook and stir for 3 minutes. Add the vinegar, garlic and capers; cook and stir 2 minutes longer.

Return chicken to the pan; carefully add the broth, bay leaf and thyme. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until a meat thermometer reads 170°.

Combine the remaining cornstarch with the water until smooth; stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf. Serve chicken and mushrooms with rice.

Nutrition Facts: 1 chicken breast half with 3/4 cup mushroom mixture and 1/2 cup rice equals 358 calories, 8 g fat (2 g saturated fat), 103 mg cholesterol, 266 mg sodium, 35 g carbohydrate, 4 g fiber, 35 g protein. **Diabetic Exchanges:** 4 very lean meat, 2 starch, 1 vegetable, 1/2 fat.

BASIL BUTTERED BEANS

Cook 1-1/2 lbs. fresh green beans in chicken bouillon-flavored water until crisp-tender; drain. Toss with 2 Tbsp. butter and 3/4 tsp. basil. Serves 6.

Bernadette Bennett WACO, TEXAS

SHORTCUT

JAM PACKED

"Don't have time to can? Freezer jam is a fast and flavorful alternative," says Katie Bartnicki of the *Taste of Home* Test Kitchen

GENERAL METHOD

In a Dutch oven, combine all the ingredients except sugar. Bring to a full rolling boil over high heat, stirring constantly. Stir in amount of sugar called for and return to a full rolling boil. Boil 1 minute, stirring constantly. Remove from heat; skim foam. Ladle into freezer containers and cool to room temperature.

Let stand for 24 hours. Refrigerate for up to 3 weeks or freeze up to 12 months.

STRAWBERRY-KIWI JAM

Mash 6 cups fresh strawberries with 3 chopped kiwifruit; add 1 Tbsp. lemon juice, 1 Tbsp. chopped crystallized ginger and 1 pkg. powdered fruit pectin. Proceed as directed above, using 5 cups sugar. Makes 5 cups.

Taste of Home field editor

Kathy Kittell
LENEXA, KANSAS

LUSCIOUS BLUEBERRY JAM

Mash 8 cups blueberries; add 2 Tbsp. lemon juice and 1 pkg. powdered fruit pectin. Proceed as directed above, using 7 cups sugar. Makes 8 cups.

Karen Haen
STURGEON BAY, WISCONSIN

PEAR MARMALADE

Combine 2-1/2 cups fresh pear puree with 8 oz. undrained canned crushed pineapple, 1/2 cup orange juice, 2 Tbsp. lemon juice, 1 Tbsp. grated orange peel and 1 pkg. powdered fruit pectin. Proceed as directed above, using 5-1/2 cups sugar. Makes 6 cups.

Patty Schreck
DAVENPORT, WASHINGTON

1 Bring all ingredients to a full rolling boil.

2 Remove pan from heat and skim off the foam.

3 Ladle hot jam into a freezer container using canning funnel

For more jam and jelly recipes, visit tasteofhome.com/jam

MORE ONLINE

BIG ON BROWNIES

SHORTCUT

This 6-year-old loves baking chocolaty treats with his grandma

Noah Banzhof knows that when he visits his grandmother, they'll be spending time in the kitchen. They like to make cookies together, and Noah, 6, is a great help when it comes to rolling out pie crust, says his grandma, Barbara Banzhof of Muncy, Pennsylvania.

"I have 10 grandkids, and I cook with all of them," she says. "They all know the first rule: Wash your hands."

Brownies are a personal favorite of Noah's. So before he went to Grandma's house one day, he phoned to see if they could bake them.

"Noah arrived with a brownie mix, making sure that I had the eggs," Barbara recalls. "He said his mom didn't have any, but I found out later it was because he had cracked them all on the kitchen floor, then informed his mother that they had hatched."

Cheesecake Brownies

Noah loves this brownie recipe because he can help by pouring in the mix, cracking the eggs and stirring the batter.

Barbara Banzhof
MUNCY, PENNSYLVANIA

PREP: 30 MIN. BAKE: 30 MIN. + COOLING
YIELD: 3 DOZEN

1 pkg. fudge brownie mix (13-in. x 9-in. pan size)
2 pkg. (3 oz. each) cream cheese, softened
6 Tbsp. butter, softened
1/2 cup sugar
2 Tbsp. all-purpose flour
1 tsp. vanilla extract
2 eggs, lightly beaten
1 can (16 oz.) chocolate frosting

Prepare brownie mix batter according to package directions. Spread 2 cups into a greased 13-in. x 9-in. baking dish; set aside.

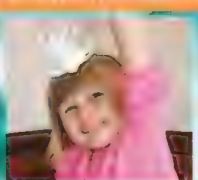
In a small bowl, beat the cream cheese, butter, sugar, flour and vanilla until smooth. Add eggs; beat on low speed just until combined. Spread evenly over brownie batter. Top with remaining brownie batter. Cut through batter with a knife to swirl.

Bake at 350° for 28-32 minutes or until a toothpick inserted near the center comes out with moist crumbs (brownies may appear moist). Cool completely on a wire rack. Spread frosting over brownies.

DO YOU HAVE A KID WHO COOKS? >>

Dylan John Hilton, 5
HOUGHTON, MICHIGAN

Kaylie Vaughan, 2
MERLIN, ONTARIO



Elisabeth Lupton, 2
HAMPTON, VIRGINIA

Bryce Bartock, 5
HAMMOND, INDIANA

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CHEESE INGREDIENTS: milk, cheese cultures, salt, enzymes.

	Prep	Fat (g)	Trans Fat (g)
Bagel Bites®	**Baked**	**7**	**0**
Totino's® Pizza Rolls®	Pre-Fried	10	1.5

Bagel Bites®

Made with
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THE HEAT IS ON

Is it hot in here? With sizzling cayenne pepper, you bet it is

RED HOT CHILI PEPPER

» Cayenne pepper is the powder form of red chili peppers, while crushed red pepper flakes are the dried, crushed seeds of the chili pepper.

» Use cayenne to dress up Southwest-style dishes, barbecue sauce, sauteed veggies, omelets, and salad dressing.

» Bite off more than you can chew? The best relief for a spicy, burning mouth is milk (2% or whole) or cool yogurt.

MORE ONLINE

Spice up your life! For more hot dishes, visit tasteofhome.com/cayenne

wake up! breakfast casserole

"This eye-opening casserole has enough spice and flavor to always get my day started with a kick!"

Kenna Jo Lambertsen
NEVADA, IOWA

PREP: 20 MIN. + CHILLING
BAKE: 55 MIN. + STANDING
YIELD: 12 SERVINGS

- 1 lb. uncooked chorizo
- 9 eggs
- 2-1/2 cups 2% milk
- 1 Tbsp. ground mustard
- 1 tsp. cayenne pepper
- 1 pkg. (28 oz.) frozen O'Brien potatoes
- 2 cups (8 oz.) shredded Monterey Jack cheese
- 1 jar (16 oz.) black bean and corn salsa

Crumble chorizo into a large skillet; cook over medium heat for 6-8 minutes or until fully cooked. Drain.

In a large bowl, whisk the eggs, milk, mustard and cayenne. Stir in the potatoes, cheese, salsa and cooked chorizo. Transfer to a greased 13-in. x 9-in. baking dish. Cover and refrigerate overnight.

Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 55-65 minutes or until a knife inserted near center comes out clean. Let stand 10 minutes before cutting.

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SLOW-COOKED WINNERS

After a long, hectic day, it sure would be nice to come home to a ready-made dinner, right? Well, that's the beauty of slow cookers. These time-saving appliances are a breeze to use, with easy prep and cleanup—and the results are delicious. Slow cookers simmer foods to perfection and fill your kitchen with appetizing aromas. Try one of our 12 contest-winning recipes, and see for yourself. You'll love coming home to any one of them!

YOU COULD BE NEXT!
TURN THE PAGE TO ENTER OUR NEXT RECIPE CONTEST.

THE WINNERS ARE...

GRAND PRIZE—$500
Jill Pokrivka // YORK, PENNSYLVANIA

2ND PLACE—$300
Aysha Schurman // AMMON, IDAHO

3RD PLACE—$150
Mary Louise Lever // ROME, GEORGIA

ENTER OUR NEXT CONTEST!

5-INGREDIENT

Take five—then get cooking! When time's an issue, fast fixes are a cook's best friend. That's why we're looking for your best recipes that use no more than five ingredients. (Do not count water, salt or pepper in your five-ingredient limit.)

Your recipe could win you $500 for 1st place, $300 for 2nd or $150 for 3rd. Nine runners-up will receive the latest *Contest Winning Annual Recipes* cookbook.

SEND US YOUR...

- Entrees such as casseroles, meats, pizzas and salads
- Side dishes, including pasta salad, gelatin or quick bread
- Simple desserts, from cookies and crisps to no-fuss pies
- Quick appetizers such as pinwheels, wings and hot or cold dips
- Beverages of all kinds—smoothies, punches, warm-ups

ENTRY DEADLINE IS
November 15, 2010

Winners of the Take Five contest will be announced in the August/September 2011 issue.

LAST CHANCE!

Entry deadline for our Summer Cookout recipe contest is fast approaching. Send us your best grilled foods, from meats and fish to fruits and veggies, by September 15.

YOU COULD WIN $500!

Enter today at tasteofhome.com/recipecontests

SEASONED FOR SUCCESS

Her slow-cooked tamale pie wins family's raves and judges' praise

Jill Pokrivka's kids love Mexican food, and Jill loves to cook. So it seems only natural that she would create a savory main dish full of the flavors that her youngsters enjoy.

The result is Slow Cooker Tamale Pie, now a favorite of hubby Martin, an electrical engineer, and their three children. It was a favorite of our judges, too, who awarded Jill the Grand Prize of $500 in our recent Slow Cooker contest.

"This is a relatively new recipe I adapted from one I used to make before we had kids," says Jill from her home in York, Pennsylvania. "It was a great way to get the Mexican flavors they love in a simple, prepare-ahead meal.

"Using the slow cooker definitely helps with our busy schedule. There's nothing better than having a home-cooked meal ready to serve when you're trying to do multiple things."

Jill, who is a teacher's aide at a local elementary school, relies on her slow cooker for anything from soup to casseroles to meatballs and sauce.

"I have loved to cook since I was a kid; I cooked with both my grandmother and my mother," she says. "I've always liked to thumb through cookbooks and cooking magazines to see what I wanted to try. It was a great way to break out of any cooking or eating comfort zone."

Now, the kids—Kayleigh, 11; Rick, 9; and Thomas, 5—are following in Jill's footsteps. "All three like to help in the kitchen. My older two can even do some things by themselves. They've entered a few kids' cooking contests at our local fair and have won some prizes, too."

Who knows? Jill might just be grooming three more Taste of Home prize-winners.

JILL'S TIP

"Feel free to play around with this recipe—change some seasonings to fit your tastes, make it mild or spicy and substitute some ingredients for others you like."

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slow cooker tamale pie

Jill Pokrivka // YORK, PENNSYLVANIA

Canned beans and corn bread/muffin mix speed up the prep on this crowd-pleasing main dish that's perfect for busy evenings and carry-in dinners.

spiced cran-apple brisket

Aysha Schurman // AMMON, IDAHO

"Kids seem to love this recipe the most, although every adult who tastes it becomes an instant fan as well. The apple and cranberry flavors are perfect for fall."

jamaica-me-crazy chicken tropicale

Mary Louise Lever // ROME, GEORGIA

"I taste the sauce 30 minutes before I take the chicken out of the cooker and adjust the seasonings. You can thicken it with a tablespoon of cornstarch, if you wish."

bbq chicken baked potatoes

Amber Massey // COPPELL, TEXAS

These baked potatoes are meals in themselves, with a smoky barbecue flavor that will make your mouth water. You can top them with your favorite cheese and garnish.

APPLE CHIPOTLE BRISKET

PREP: 20 MIN. COOK: 8 HOURS
YIELD: 9 SERVINGS

- 1 fresh beef brisket (4 lbs.)
- 1/2 cup apple butter
- 1/4 cup ruby port wine
- 2 Tbsp. cider vinegar
- 1 tsp. coarsely ground pepper
- 1/2 tsp. salt
- 1 medium tart apple, peeled and cubed
- 1 celery rib, chopped
- 1 small red onion, chopped
- 1/3 cup dried apples, chopped
- 1/3 cup dried cranberries
- 2 garlic cloves, minced
- 1 Tbsp. cornstarch
- 3 Tbsp. cold water

Cut brisket in half; place in a 5-qt. slow cooker. In a large bowl, combine the apple butter, wine, vinegar, pepper and salt. Stir in the tart apple, celery, onion, dried apples, cranberries and garlic. Pour over brisket. Cover and cook on low for 8-10 hours or until meat is tender.

Remove meat to a serving platter; keep warm. Skim fat from cooking juices; transfer to a small saucepan. Bring liquid to a boil. Combine cornstarch and water until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with meat.

Editor's Note: This is a fresh beef brisket, not corned beef. This recipe was tested with commercially prepared chipotle butter.

Nutrition Facts: 4 oz. cooked beef with 1/3 cup cooking juices equals 334 calories, 9 g fat (3 g saturated fat), 86 mg cholesterol, 208 mg sodium, 18 g carbohydrate, 1 g fiber, 42 g protein. **Diabetic Exchanges:** 6 lean meat, 1 starch.

SLOW COOKER TAMALE PIE

PREP: 25 MIN. COOK: 7 HOURS
YIELD: 8 SERVINGS

- 1 lb. ground beef
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1/2 tsp. chili powder
- 1/4 tsp. pepper
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (14-1/2 oz.) diced tomatoes with mild green chilies, undrained
- 1 can (11 oz.) whole kernel corn, drained
- 1 can (10 oz.) enchilada sauce
- 2 green onions, chopped
- 1/4 cup minced fresh cilantro
- 1 pkg. (8-1/2 oz.) corn bread/muffin mix
- 2 eggs
- 1 cup (4 oz.) shredded Mexican cheese blend
- Sour cream and additional minced fresh cilantro, optional

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the cumin, salt, chili powder and pepper. Transfer to a 4-qt. slow cooker; stir in the beans, tomatoes, corn, enchilada sauce, onions and cilantro. Cover and cook on low for 6-8 hours or until heated through.

In a small bowl, combine muffin mix and eggs; spoon over meat mixture. Cover and cook 1 hour longer or until a toothpick inserted near the center comes out clean.

Sprinkle with cheese; cover and let stand for 5 minutes. Serve with sour cream and additional cilantro if desired.

BBQ CHICKEN & BAKED POTATOES

PREP: 15 MIN. COOK: 6 HOURS
YIELD: 10 SERVINGS

- 4-1/2 lbs. bone-in chicken breast halves, skin removed
- 2 Tbsp. garlic powder
- 1 large red onion, sliced into thick rings
- 1 bottle (18 oz.) honey barbecue sauce
- 1 cup Italian salad dressing
- 1/2 cup packed brown sugar
- 1/2 cup cider vinegar
- 1/4 cup Worcestershire sauce
- 2 Tbsp. liquid Smoke, optional
- 10 medium potatoes, baked
- Crumbled blue cheese and chopped green onions, optional

Place chicken in a greased 5- or 6-qt. slow cooker; sprinkle with garlic powder and top with onion. Combine the barbecue sauce, salad dressing, brown sugar, vinegar, Worcestershire sauce and liquid Smoke if desired; pour over chicken.

Cover and cook on low for 6-8 hours or until chicken is tender. When cool enough to handle, remove chicken from bones; discard bones and onion. Skim fat from cooking juices. Shred meat and return to slow cooker; heat through. Serve over potatoes with blue cheese and green onions if desired.

JAMAICAN-ME-CRAZY CHICKEN TROPICALE

PREP: 25 MIN. COOK: 5 HOURS
YIELD: 4 SERVINGS

- 3 medium sweet potatoes, peeled and cut into 2-in. pieces
- 1 can (8 oz.) sliced water chestnuts, drained
- 1 cup dried cranberries
- 1 can (20 oz.) unsweetened pineapple tidbits
- 2 lbs. bone-in chicken breast halves, skin removed
- 2 Tbsp. Caribbean jerk seasoning
- 1/4 cup dried minced onion
- 3 Tbsp. minced fresh gingerroot
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. grated lime peel
- 1 tsp. cumin seeds, crushed
- 3 fresh thyme sprigs
- Hot cooked rice

Place potatoes in a 4- or 5-qt. slow cooker. Add water chestnuts and cranberries. Drain pineapple, reserving juice; add pineapple to slow cooker. Top with chicken. Sprinkle jerk seasoning over chicken.

Combine the onion, ginger, Worcestershire sauce, lime peel, cumin seeds and reserved juice. Pour over the chicken. Top with thyme sprigs. Cover and cook on low for 5-6 hours or until chicken and vegetables are tender. Serve with rice.

slow cooker beef with red sauce

Laurie Tietze

A homemade rub spices up this tender beef, tomatoes and gingersnaps add an interesting base combination to the sauce.

chicken mole ole

Jolene Johnson

louisiana red beans and rice

pumpkin cranberry bread pudding

// CHICKEN MOLE SOLE

PREP: 40 MIN. COOK: 4 HOURS
YIELD: 6 SERVINGS

- 2 dried ancho chiles
- 1-1/2 lbs. tomatillos, husks removed, halved
- 2 medium onions, sliced, divided
- 1 serrano pepper, halved and seeded
- 3 garlic cloves, peeled
- 3 lbs. bone-in chicken breast halves, skin removed
- 1 Tbsp. canola oil
- 2 tsp. ground cumin, divided
- 1-1/2 tsp. chili powder
- 1 tsp. pepper
- 1/4 tsp. ground cinnamon
- 2 whole cloves
- 1/2 cup almonds
- 1 oz. unsweetened chocolate, chopped
- 1 Tbsp. lime juice
- 1 tsp. salt
- 1-1/2 cups (6 oz.) shredded cheddar-Monterey Jack cheese
- 1/2 cup minced fresh cilantro

Place chiles in a small bowl. Cover with boiling water; let stand for 30 minutes. Drain. Remove stems and seeds. Coarsely chop; set aside. Place the tomatillos, onion, serrano pepper and garlic in a greased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 400° for 10-15 minutes or until tender, stirring once.

In a large skillet, brown chicken in oil. Transfer to a 4-qt. slow cooker. In the same skillet, saute remaining onion until tender. Add 1 tsp. cumin, chili powder, pepper, cinnamon, cloves and dried chiles; cook 1 minute longer. Discard cloves.

Place almonds in a food processor. Cover and process until ground. Add spiced onion mixture and chocolate; cover and process until blended. Transfer to a bowl.

Place the tomatillo mixture, lime juice, salt and remaining cumin in food processor; cover and process until chopped. Stir into almond mixture. Pour over chicken. Cover and cook on low for 4-5 hours or until chicken is tender. Sprinkle each serving with cheese and cilantro.

Editor's Note: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

SLOW COOKER BEEF // WITH RED SAUCE

PREP: 25 MIN. COOK: 8 HOURS
YIELD: 8 SERVINGS

- 2 Tbsp. canola oil
- 2 Tbsp. baking cocoa
- 1 Tbsp. chili powder
- 2 tsp. dried oregano
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. ground cumin
- 1/2 tsp. ground cloves
- 1/2 tsp. ground cinnamon
- 1 beef rump roast or bottom round roast (3 lbs.), cut into 1-1/2-in. cubes
- 1 large onion, chopped
- 1 can (28 oz.) whole tomatoes, undrained
- 3 Tbsp. cider vinegar
- 1-1/2 cups crushed gingersnap cookies (about 30 cookies)
- 9 garlic cloves, peeled
- 1 Tbsp. sugar
- Hot cooked noodles, rice or mashed potatoes

In a small bowl, combine the first nine ingredients; set aside.

Place beef and onion in a 4-qt. slow cooker; rub beef with the spice mixture. Pour tomatoes over the top; sprinkle with vinegar, gingersnaps and garlic. Cover and cook on low for 8-10 hours or until meat is tender. Stir in sugar. Serve with noodles.

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PUMPKIN CRANBERRY BREAD PUDDING

PREP: 15 MIN. COOK: 3 HOURS
YIELD: 8 SERVINGS (1-1/3 CUPS SAUCE)

- 8 slices cinnamon bread, cut into 1-in. cubes
- 4 eggs, beaten
- 2 cups 2% milk
- 1 cup canned pumpkin
- 1/4 cup packed brown sugar
- 1/4 cup butter, melted
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/2 cup dried cranberries

SAUCE:

- 1 cup sugar
- 2/3 cup water
- 1 cup heavy whipping cream
- 2 tsp. vanilla extract

Place bread in a greased 3- or 4-qt. slow cooker. In a large bowl, combine the eggs, milk, pumpkin, brown sugar, butter, vanilla, cinnamon and nutmeg; stir in cranberries. Pour over bread cubes. Cover and cook on low for 3-4 hours or until a knife inserted near center comes out clean.

For sauce, in a large saucepan, bring sugar and water to a boil over medium heat. Cook until sugar is dissolved and mixture turns a golden amber color, about 20 minutes. Gradually stir in cream until smooth. Remove from the heat; stir in vanilla. Serve warm with bread pudding.

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LOUISIANA RED BEANS // AND RICE

PREP: 20 MIN., COOK: 8 HOURS
YIELD: 9 SERVINGS

- 4 cans (16 oz. each) kidney beans, rinsed and drained
- 1 can (14-1/2 oz.) diced tomatoes, undrained
- 1 pkg. (14 oz.) smoked turkey sausage, sliced
- 1 cup chicken broth
- 3 celery ribs, chopped
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 small sweet red pepper, chopped
- 6 garlic cloves, minced
- 1 bay leaf
- 1/2 tsp. crushed red pepper flakes
- 2 green onions, chopped
- Hot cooked rice

In a 4-qt. slow cooker, combine the first 11 ingredients. Cover and cook on low for 8-10 hours or until heated through. Stir before serving. Discard bay leaf.

Sprinkle each serving with onions. Serve with rice.

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slow cooker beef stroganoff

cheesy cauliflower soup

sweet and spicy jerk ribs

texas pork burritos

CHEESY CAULIFLOWER SOUP

PREP: 25 MIN. COOK: 5-1/2 HOURS
YIELD: 9 SERVINGS (2-1/4 QT.)

- 1 large head cauliflower, broken into florets
- 2 celery ribs
- 2 large carrots
- 1 large green pepper
- 1 small sweet red pepper
- 1 medium red onion
- 4 cups chicken broth
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 2 cups (8 oz.) shredded cheddar cheese
- 2 cups half-and-half cream

Place cauliflower in a 4-qt. slow cooker. Chop the celery, carrots, peppers and onion; add to slow cooker. Stir in the broth, Worcestershire sauce, salt and pepper. Cover and cook on low for 5-6 hours or until the vegetables are tender.

In a blender, process soup in batches until smooth. Return all to slow cooker; stir in cheese and cream. Cover and cook on high for 30 minutes or until cheese is melted.

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SLOW-COOKED BEEF STROGANOFF

PREP: 20 MIN. COOK: 6 HOURS
YIELD: 7 SERVINGS

- 2 lbs. beef top sirloin steak, cut into thin strips
- 3 Tbsp. olive oil
- 1 cup water
- 1 envelope (1-1/2 oz.) beef stroganoff seasoning for the slow cooker
- 1 lb. sliced baby portobello mushrooms
- 1 small onion, chopped
- 3 Tbsp. butter
- 1/4 cup port wine or beef broth
- 2 tsp. ground mustard
- 1 tsp. sugar
- 1-1/2 cups (12 oz.) sour cream
- Hot cooked egg noodles
- Minced fresh parsley, optional

In a large skillet, brown meat in oil. Add water and seasoning mix; stir to loosen browned bits from pan. Transfer meat and drippings to a 3-qt. slow cooker.

In the same skillet, saute mushrooms and onion in butter until tender. Combine the wine, mustard and sugar; stir into the mushroom mixture. Add to slow cooker; stir to combine.

Cover and cook on low for 6-8 hours or until meat is tender. Stir in sour cream. Serve with noodles. Sprinkle with parsley if desired.

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TEXAS PORK BURRITOS

PREP: 40 MIN. COOK: 6-1/2 HOURS
YIELD: 10 SERVINGS

- 1 boneless pork shoulder roast (3 to 4 lbs.), cubed
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 Tbsp. canola oil
- 2 cans (10 oz. each) green enchilada sauce
- 1 large onion, thinly sliced
- 2 medium carrots, thinly sliced
- 2 cans (2-1/4 oz. each) sliced ripe olives, drained
- 1/2 cup chicken broth
- 2 Tbsp. ground cumin
- 3 garlic cloves, minced
- 2 tsp. dried oregano
- 2 Tbsp. all-purpose flour
- 1 cup (8 oz.) sour cream
- 1/2 cup minced fresh cilantro
- 10 flour tortillas (8 in.), warmed
- 2 cups (8 oz.) shredded Mexican cheese blend

Sprinkle pork with salt and pepper. In a large skillet, brown meat in oil in batches. Transfer to a 3-qt. slow cooker. Combine the enchilada sauce, onion, carrots, olives, broth, cumin, garlic and oregano; pour over meat. Cover and cook on low for 6-8 hours or until meat is tender.

Combine flour and sour cream; stir into meat mixture. Cover and cook on high for 30 minutes or until thickened. Stir in cilantro.

Spoon 2/3 cup pork mixture onto each tortilla; top with about 3 Tbsp. cheese. Roll up tightly.

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SWEET AND SPICY JERK RIBS

PREP: 10 MIN. COOK: 6 HOURS
YIELD: 5 SERVINGS

- 2 racks pork baby back ribs (about 4-1/2 lbs.)
- 3 Tbsp. olive oil
- 1/3 cup Caribbean jerk seasoning
- 3 cups honey barbecue sauce
- 3 Tbsp. apricot preserves
- 2 Tbsp. honey

Cut ribs into serving-size pieces; brush with oil and rub with the jerk seasoning. Place in a 5- or 6-qt. slow cooker. Combine the remaining ingredients; pour over ribs.

Cover and cook on low for 6-8 hours or until meat is tender. Skim fat from sauce before serving.

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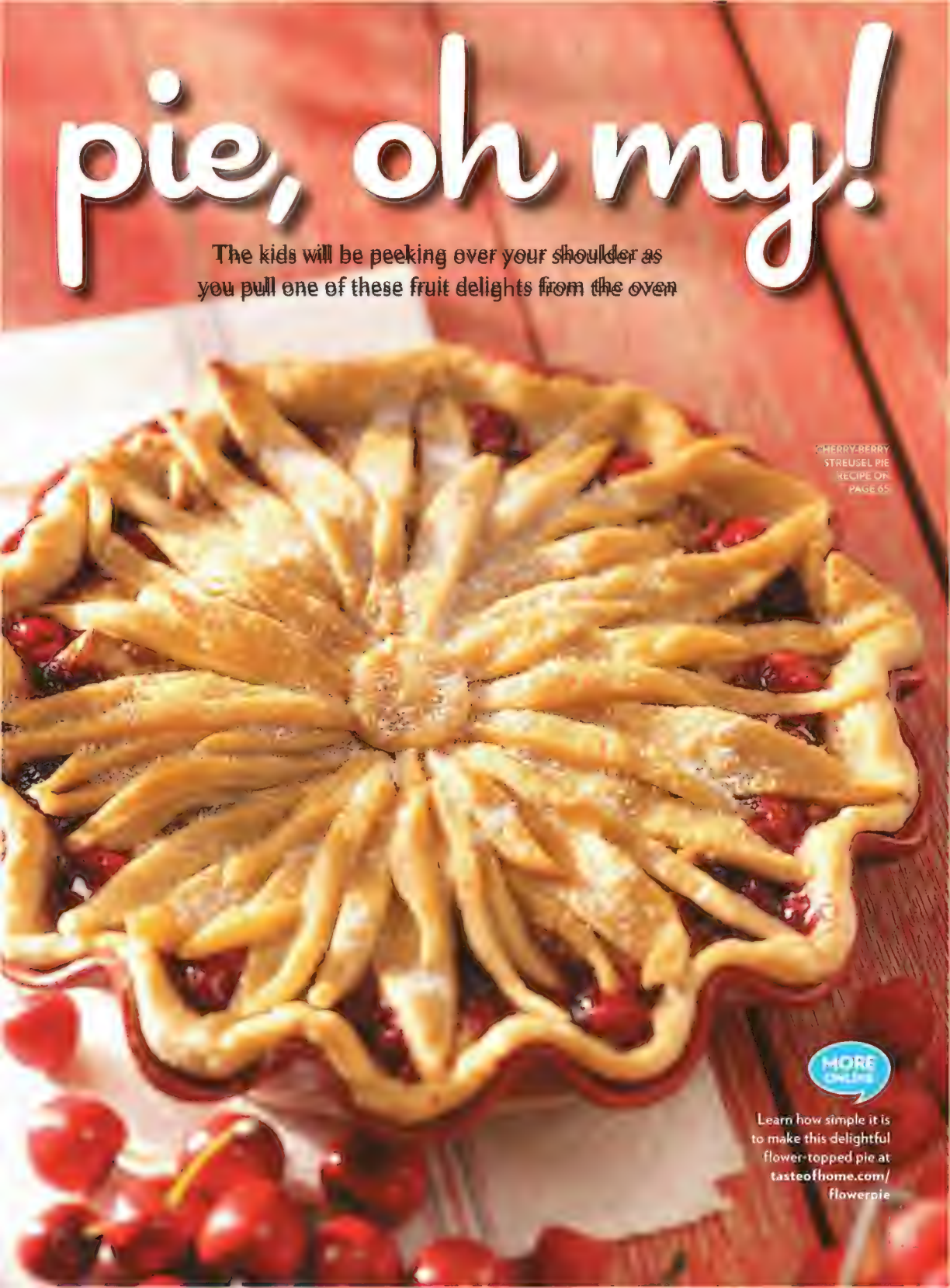
pie, oh my!

The kids will be peeking over your shoulder as you pull one of these fruit delights from the oven



CHERRY-BERRY STREUSEL PIE
RECIPE ON PAGE 65

MORE ONLINE

Learn how simple it is to make this delightful flower-topped pie at **tasteofhome.com/flowerpie**

TEST KITCHEN TIP

When making pie pastry, shape the dough into flat disks instead of balls before chilling. The dough chills faster, and once chilled, it's easier to roll out.

blueberry dream pie

This show-stopping pie can be decorated to fit any season. "I like to make stars for Independence Day and hearts for Valentine's Day. Have fun with it."

Kerry Nakayama
NEW YORK

PREP: 40 MIN. BAKE: 35 MIN. + COOLING
YIELD: 8 SERVINGS

Pastry for double-crust pie (9 in.)

CHEESE FILLING:
4 oz. reduced-fat cream cheese
1/2 cup confectioners' sugar
1 Tbsp. lemon juice
1 egg yolk

BLUEBERRY FILLING:
1/2 cup plus 1 Tbsp. sugar, divided
2 Tbsp. all-purpose flour
1 Tbsp. cornstarch
1/4 cup cold water
6 cups fresh or frozen blueberries, divided
2 Tbsp. lemon juice
1 Tbsp. minced fresh mint or 1 tsp. dried mint
1 egg white, beaten

Line a 9-in. deep-dish pie plate with bottom crust. Trim pastry to 1/2 in. beyond edge of plate; flute edges. Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack. Reduce heat to 375°.

In a small bowl, beat the cream cheese, confectioners' sugar and lemon juice until light and fluffy. Beat in egg yolk until blended. Spread into crust.

In a large saucepan, combine 1/2 cup sugar, flour and cornstarch; stir in water until smooth. Stir in 2 cups berries. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Cool slightly. Gently stir in the lemon juice, mint and remaining berries. Pour over cheese filling.

Cut decorative cutouts in remaining pastry; arrange over filling, leaving center uncovered. Brush pastry with egg white; sprinkle with remaining sugar.

Bake at 375° for 35-40 minutes or until crust is golden brown and filling is bubbly. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on a wire rack. Refrigerate leftovers.

cherry-berry streusel pie

cherry-berry streusel pie

"I entered this delicious pie in the Oklahoma State Fair and won a ribbon. It's pretty and tastes great, especially served with a scoop of vanilla ice cream."

Rosalie Seebeck
BETHANY, OKLAHOMA

PREP: 1 HOUR + CHILLING
BAKE: 55 MIN. + COOLING
YIELD: 8 SERVINGS

2 1/2 cups all-purpose flour
1 Tbsp. sugar
1 tsp. salt
1 cup cold butter
7 to 8 Tbsp. cold water

FILLING:

2 cans (21 oz. each) cherry pie filling
1 cup fresh or frozen raspberries
1/4 cup packed brown sugar
1/4 tsp. ground cinnamon

TOPPING:

1 cup yellow cake mix
1/2 cup chopped pecans, toasted
1/2 cup flaked coconut
1/4 cup butter, melted
2 Tbsp. 2% milk
2 Tbsp. sugar

Place the flour, sugar and salt in a food processor; cover and pulse until blended. Add butter; cover and pulse until mixture resembles coarse crumbs. While processing, gradually add water until dough forms a ball.

Divide dough in half so that one portion is slightly larger than the other; wrap each in plastic wrap. Refrigerate for 30 minutes or until easy to handle.

On a lightly floured surface, roll out larger portion of dough to fit a 9-in. deep-dish pie plate. Transfer pastry to pie plate; trim pastry to 1/2 in. beyond edge of plate.

Combine the filling ingredients; spoon into crust. Sprinkle with dry cake mix, pecans and coconut. Drizzle with butter.

Roll out remaining pastry to a 13-inch circle; cut into strips for a lattice top. While creating the lattice top, twist the pastry strips for a decorative effect. Seal and flute edges of pie.

Brush lattice top with milk; sprinkle with sugar. Cover edges loosely with foil. Bake at 375° for 55-65 minutes or until crust is golden brown and filling is bubbly.

apple & blackberry pie

With its pretty sugar topping, this gorgeous pie is chock-full of tender, juicy fruit spiced just right.

Frances Tompkins
BEALETON, VIRGINIA

PREP: 25 MIN. BAKE: 55 MIN. + COOLING
YIELD: 8 SERVINGS

Pastry for double-crust pie (9 in.)
3 lbs. tart apples, peeled and sliced
2 cups fresh blackberries
1/4 cup butter, melted
1 Tbsp. lemon juice
1 cup sugar
3 Tbsp. cornstarch
1 tsp. ground cinnamon
1/8 tsp. ground nutmeg
2 Tbsp. half-and-half cream
2 Tbsp. coarse sugar

Divide dough in half so that one portion is slightly larger than the other; wrap each in plastic wrap. Refrigerate for 30 minutes or until easy to handle.

On a lightly floured surface, roll out larger portion of dough to fit a 9-in. deep-dish pie plate.

In a large bowl, combine the apples, blackberries, butter and lemon juice. Combine the sugar, cornstarch, cinnamon and nutmeg; add to fruit mixture and toss to coat. Place in crust.

Roll out remaining pastry to fit top of pie; place over filling. Trim, seal and flute edges. Cut slits in pastry. Brush with cream; sprinkle with coarse sugar.

Bake at 375° for 55-65 minutes or until golden brown and filling is bubbly. Cover edges with foil during the last 30 minutes to prevent overbrowning if necessary. Cool on a wire rack.

TEST KITCHEN TIP

You can form a lattice crust on waxed paper and refrigerate. Once it's firm, carefully invert or slide the lattice onto the filled pie and flute the edges.

APPLE & BLACKBERRY PIE

tastehome.com 65

advertisement
advertisement

pick of the crop

Pillsbury

Whether you pick them yourself at a nearby orchard or harvest some beauties at your farmers market, look for Jennie Garth's favorite pie-worthy apple varieties.

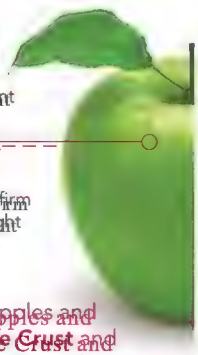
Golden Delicious
are one of the sweetest apples, with a rich, mellow flavor

Jonathans
are quite tart with a rich, spicy flavor

Honeycrisps
are sweet as honey with a slight hint of tartness

Granny Smiths
are super crisp and almost sour, making an excellent balance with sweeter apples

Empires
make a pie with a firm texture and the right touch of tartness



Grab your apples and a Pillsbury™ Pie Crust and try Jennie's favorite apple pie on the next page!

Grab your apples and a Pillsbury™ Pie Crust and try Jennie's favorite apple pie on the next page!

For more pie baking ideas visit Pillsbury.com/pie

strawberries & cream pie

"Every time I take this dessert to a family dinner, church event or other event, it disappears quickly. I take the recipe with me because I'm always asked for it."

Angela Moore
TOLLESBORO, KENTUCKY

PREP: 20 MIN. • CHILLING
YIELD: 8 SERVINGS

1 cup (6 oz.) semisweet chocolate chips, divided
3 tsp. shortening, divided
1 graham cracker crust (10 in.)
1 pkg. (8 oz.) cream cheese, softened
1/2 cup sugar
1/2 cup sour cream
1 tsp. vanilla extract
1 carton (8 oz.) frozen whipped topping, thawed
2 cups fresh strawberries, halved
1/2 cup seedless strawberry jam

In a microwave, melt 3/4 cup chocolate chips and 2 teaspoons shortening; stir until smooth. Brush over crust. Refrigerate until firm.

In a small bowl, beat the cream cheese, sugar, sour cream and vanilla until smooth. Fold in whipped topping. Spoon into crust. Refrigerate for 1 hour.

Arrange strawberries over pie. In a microwave, heat jam until melted; brush over the top. Melt remaining chocolate chips and shortening; stir until smooth. Drizzle over pie. Refrigerate until chilled.

streusel peach pie

"This delectable pie, with its crunchy topping, is a great way to enjoy summer's fresh peaches—with cream, of course!"

Marie Rizzio // INTERLOCHEN, MICHIGAN

PREP: 20 MIN. BAKE: 50 MIN. • COOLING
YIELD: 8 SERVINGS

Pastry for single-crust pie (9 in.)
5 cups sliced peeled fresh or frozen peaches, thawed
1/2 cup sugar
1/4 cup all-purpose flour
Dash ground nutmeg
1 egg
2 Tbsp. heavy whipping cream
TOPPING:
1/2 cup all-purpose flour
1/2 cup packed brown sugar
1 tsp. ground cinnamon
3 Tbsp. cold butter
Whipped cream, optional

Line a 9-in. pie plate with pastry; trim pastry to 1/2 in. beyond edge of plate and flute edges.

In a large bowl, combine the peaches, sugar, flour and nutmeg. In a small bowl, whisk egg and cream. Pour over peaches; toss to combine. Place in crust. Bake at 375° for 35 minutes.

For topping, in a small bowl, combine the flour, brown sugar and cinnamon. Cut in butter until crumbly. Sprinkle topping over outer edges of pie, leaving center uncovered.

Bake for 15-20 minutes or until golden brown, covering edges with foil to prevent overbrowning if necessary. Cool on a wire rack. Serve with whipped cream if desired.

STREUSEL PEACH PIE

advertisement
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Easier-than-ever apple pie!

This harvest season, actress and mom Jennie Garth shares her secret for making easy, everyday apple pies.

"When the leaves turn, it's time for us to go apple picking. We love a fun day at the orchard and then baking our favorite apple pie with the help of Pillsbury™ Pie Crusts. We just unroll, fill and bake. It's amazing, making a pie is really that easy."

— *Jennie Garth*

Jennie's Festive Apple-berry Pie

MAKES: 8 SERVINGS **PREP TIME:** 30 MINUTES **BAKE TIME:** 50 MINUTES

- 2 cups fresh or frozen cranberries
- 1½ cups sugar
- 4 tablespoons cornstarch
- 2 tablespoons water
- 1 box Pillsbury® Refrigerated Pie Crusts, softened as directed on box
- 5-6 cups sliced peeled apples (5-6 medium)
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg

In 1-quart saucepan, mix cranberries, 1 cup sugar, 1 tablespoon cornstarch and the water. Heat to boiling; boil 5 minutes, cool 15 minutes. Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan. In large bowl, mix apples, remaining ½ cup sugar, remaining 3 tablespoons cornstarch, the cinnamon and nutmeg until apples are coated. Stir in cooled cranberry mixture. Spoon into crust-lined pan. Top with second crust, press edges together to seal. Cut slits in several places in top crust. Bake 40-50 minutes or until golden brown. After 15-20 minutes of baking, cover crust edge with strips of foil to prevent too much browning.

Unroll, Fill, Bake. With Pillsbury® Pie Crusts, it's just that easy to make a delicious homemade pie.

For more pie baking ideas visit **Pillsbury.com/pie**

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easy as pie

I've always been amazed by those perfect, blue-ribbon pies at the state fair. But the thought of rolling out dough and cutting lattice strips intimidated me.

So we invited Josie Bocheck (below left) of Sturgeon Bay, Wisconsin, to our headquarters to teach me the pie-making skills she's been honing since childhood. Josie, by the way, won a blue ribbon at the Door County Fair for her Fresh Cherry Pie (June/July 2005 *Taste of Home*).

Josie felt right at home in our test kitchen. As we worked, little gems of pie-making wisdom came up in our conversation. Forget costly cherry pitters, she advised Josie, who buys cherries at an orchard, simply pushes a plastic straw through the centers to pit them without squashing them. Brilliant!

MORE ONLINE

Find Josie's award-winning Fresh Cherry Pie at tasteofhome.com/freshcherrypie

As we started rolling the dough, Josie reminded me, "Work the dough as little as possible, otherwise it gets tough. That's what they taught me in high school." I gingerly rolled out the dough, under Josie's watchful eye.

Assembling the lattice worried me the most. To my surprise, it was like putting together a simple puzzle. We brushed water on the edges of the dough to help the lattice adhere to the bottom crust, and to keep the edges from getting too brown. And Josie showed me how to pinch the edges into those cute little triangles as a finishing touch.

As the pie came out of the oven, it occurred to me that an expertly made pie had never been beyond my abilities. I just needed someone like Josie to show me that.

—Cheri Mantz, associate editor

five-fruit pie

"This sweet fruit-filled pie gets compliments galore! I've given it to new neighbors or anyone who needed a pick-me-up. They all love it!"

Jean Ross /// OIL CITY, PENNSYLVANIA

PREP: 40 MIN. BAKE: 45 MIN. + COOLING
YIELD: 8 SERVINGS

- 1 1/2 cups sugar
- 3 Tbsp. cornstarch
- 2 Tbsp. quick-cooking tapioca
- 1 cup chopped peeled tart apples
- 1 cup chopped fresh or frozen rhubarb
- 1 cup each fresh or frozen raspberries, blueberries and sliced strawberries

CRUST:

- 2 cups all-purpose flour
- 1/2 tsp. salt
- 1/2 cup shortening
- 1 egg
- 1/4 cup cold water
- 2 tsp. white vinegar
- 2 Tbsp. half-and-half cream
- 2 Tbsp. coarse sugar

In a large bowl, combine the sugar, cornstarch, tapioca and fruit; let stand for 15 minutes. In another bowl, combine flour and salt; cut in shortening until mixture resembles coarse crumbs. Combine the egg, water and vinegar; stir into flour mixture just until moistened.

Divide dough in half so that one portion is slightly larger than the other. On a lightly floured surface, roll out larger portion to fit a 9-in. pie plate. Transfer pastry to pie plate; trim pastry even with edge. Spoon fruit mixture into crust.

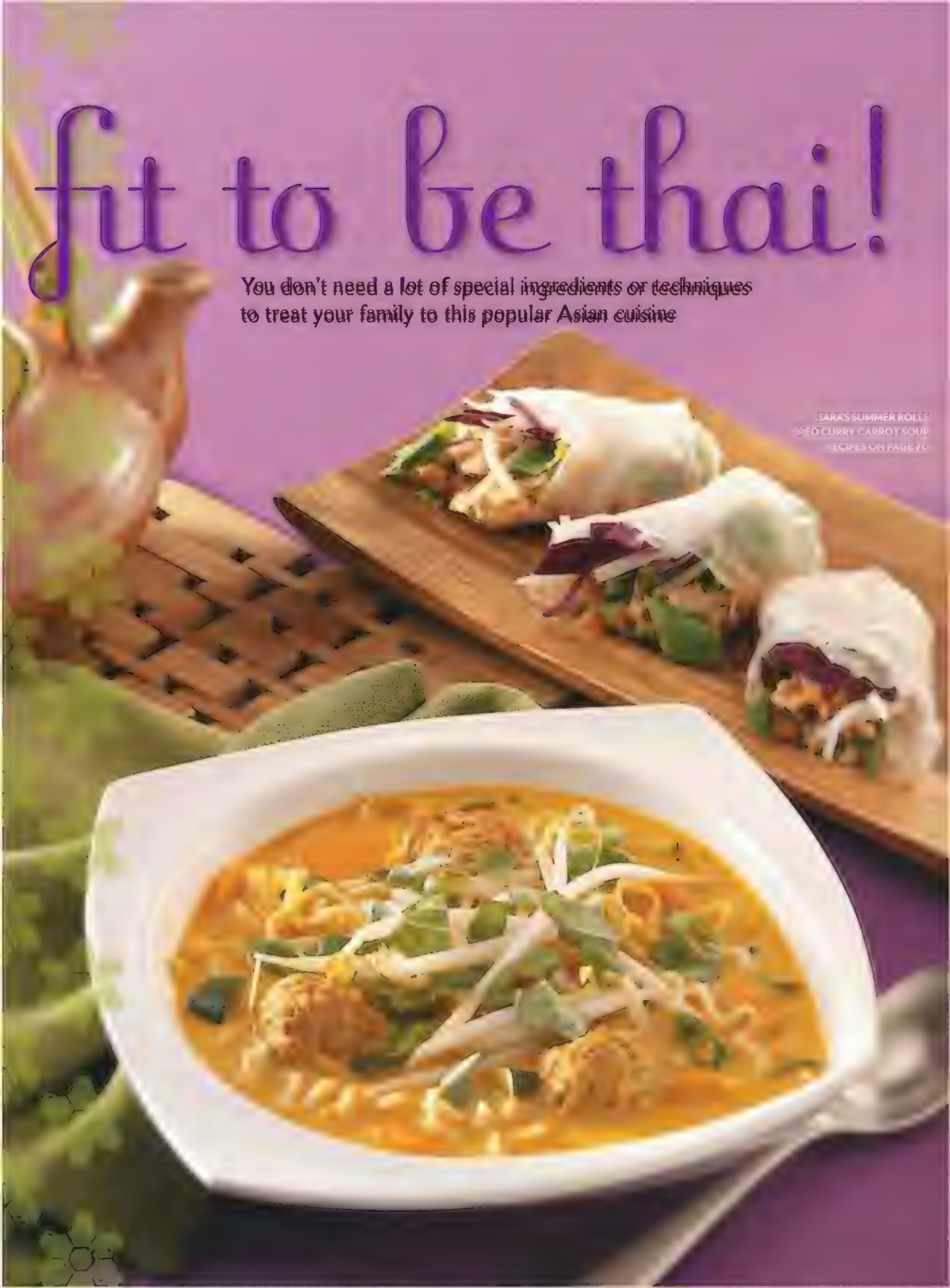
Roll out remaining pastry to fit top of pie; make a lattice crust. Trim, seal and flute edges. Cut slits in pastry. Brush with cream; sprinkle with coarse sugar.

Bake at 375° for 45-55 minutes or until crust is golden brown and filling is bubbly. Cool completely on a wire rack.

EDITOR'S NOTE: If using frozen fruit, measure fruit while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.

fit to be thai!

You don't need a lot of special ingredients or techniques to treat your family to this popular Asian cuisine



SARA'S SUMMER ROLLS
RED CURRY CARROT SOUP
RECIPES ON PAGE 70

WILL BRING SUNSHINE TO A RAINY DAY.

BEAUTIFUL BUTTERFLY TREATS™

RICE KRISPIES

sara's summer rolls

"My daughter, Sara, saw Elmo make summer rolls on a 'Sesame Street' DVD and wanted to try them. I tweaked this recipe to suit her tastes. She made them—and loved them."

Beth McGee
PINCKNEY, MICHIGAN

PREP: 30 MIN. COOK: 15 MIN.
YIELD: 1 DOZEN

- 1/2 lb. boneless skinless chicken breast, finely chopped
- 1/4 cup water
- 1/4 cup light coconut milk
- 1/4 cup creamy peanut butter
- 3 Tbsp. soy sauce
- 1 green onion, sliced
- 1 Tbsp. minced fresh gingerroot
- 1 garlic clove, minced
- 1 tsp. lime juice
- 2 cups bean sprouts
- 1 cup fresh sugar snap peas, trimmed and chopped
- 1/2 cup shredded carrot
- 2 oz. uncooked thick rice noodles
- 12 spring roll wrappers or rice papers (8 in.)
- 1/2 cup shredded red cabbage

In a large skillet, combine the first nine ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until chicken is no longer pink. Set aside.

In a large saucepan, bring 8 cups water to a boil. Add bean sprouts, peas and carrot; cover and boil for 3-4 minutes or just until tender. Drain and immediately place vegetables in ice water. Drain and pat dry. Cook noodles according to package directions; drain.

Soak a spring roll wrapper in cool water for 30 seconds; place on a flat surface and pat dry. Place 1 heaping tablespoonful of chicken down the center of the wrapper; top with a scant 3 Tbsp. vegetable mixture. Top with noodles and cabbage.

Fold both ends over filling; fold one long side over the filling, then roll up tightly. Place seam side down on a plate. Repeat. Cover with damp paper towels until serving. Cut summer rolls in half.

red curry carrot soup

With its mix of delicious colors, textures and tastes, this hearty soup is something special.

Dilnaz Heckman
TACOMA, WASHINGTON

PREP: 20 MIN. COOK: 15 MIN.
YIELD: 8 SERVINGS (2-1/2 QT.)

- 5 pkg. (3 oz. each) ramen noodles
- 3 garlic cloves, minced
- 2 Tbsp. peanut oil
- 1 can (14 oz.) coconut milk, divided
- 2 Tbsp. red curry paste
- 1-1/2 tsp. curry powder
- 1/2 tsp. ground turmeric
- 32 frozen fully cooked homestyle meatballs (1/2 oz. each)
- 4 cups chicken broth
- 1 medium zucchini, finely chopped
- 1 medium carrot, halved and sliced
- 1/4 cup shredded cabbage
- 2 tsp. fish or soy sauce

Optional garnishes: bean sprouts, chow mein noodles, fresh basil and green onions

Cook noodles according to package directions (discard seasoning packets or save for another use).

Meanwhile, in a Dutch oven, saute garlic in oil for 1 minute. Spoon 1/2 cup cream from top of coconut milk and place in the pan. Add the curry paste, curry powder and turmeric; cook and stir for 5 minutes or until oil separates from coconut milk mixture.

Stir in meatballs, broth, zucchini, carrot, cabbage, fish sauce and remaining coconut milk. Bring to a boil. Reduce heat; simmer, uncovered, 15-20 minutes or until carrot is tender and meatballs are heated through. Drain noodles; stir into soup. Garnish if desired.

EDITOR'S NOTE: This recipe was tested with regular (full-fat) coconut milk. Light coconut milk contains less cream

SHORTCUT

TIPS FOR SUMMER ROLLS

Save time by buying ready-to-use shredded from the salad bar in your grocery store.

Peel fresh ginger fast by the edge of a teaspoon.

peanut butter dipping sauce

Use this versatile peanut sauce, with its zippy touch of chili powder, to toss with noodles or marinate meat. Of course, it's a terrific dip for chicken wings, too!

Christine Omar
HARWICH PORT, MASSACHUSETTS

PREP/TOTAL TIME: 25 MIN.
YIELD: 1-7/8 CUPS

- 1 medium onion, chopped
- 2 Tbsp. canola oil
- 2 garlic cloves, minced
- 1/2 cup water
- 1/4 cup creamy peanut butter
- 1 Tbsp. sugar
- 1 Tbsp. chili powder
- 2 Tbsp. lemon juice
- 2 Tbsp. soy sauce
- 1/4 tsp. salt

In a small saucepan, saute onion in oil until tender. Add garlic; cook 1 minute longer. Add the water, peanut butter, sugar and chili powder. Bring to a boil. Cook and stir for 2-3 minutes or until slightly thickened.

Remove from the heat; stir in the lemon juice, soy sauce and salt.

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RICE KRISPIES

thai portobello chicken stir-fry

"My husband and I never met a mushroom we didn't like...so this flavorful dish is a favorite. I cook the rice in the morning and reheat it while cooking the mushrooms and chicken."

Susan Bazan
SEQUIM, WASHINGTON

PREP: 25 MIN. COOK: 20 MIN.
YIELD: 6 SERVINGS

- 1/2 cup Thai peanut sauce
- 1/2 cup teriyaki sauce
- 1/4 cup chunky peanut butter
- 2 tsp. Worcestershire sauce
- 3/4 lb. boneless skinless chicken breasts, cut into thin strips
- 3 Tbsp. olive oil, divided
- 1 Tbsp. sesame oil
- 3 cups chopped sweet onions
- 4 celery ribs, sliced diagonally
- 2 medium carrots, sliced diagonally
- 1/2 lb. sliced baby portobello mushrooms
- 4-1/2 tsp. minced fresh gingerroot
- 3 garlic cloves, minced
- 1/3 cup thinly sliced green onions
- Hot cooked rice

In a small bowl, combine the peanut sauce, teriyaki sauce, peanut butter and Worcestershire sauce; set aside.

In a large skillet or wok, stir-fry chicken in 1 Tbsp. olive oil and sesame oil until no longer pink. Remove and keep warm.

Stir-fry the sweet onions, celery and carrots in remaining oil for 4 minutes. Add the mushrooms, ginger and garlic; stir-fry 4-6 minutes longer or until vegetables are crisp-tender.

Stir sauce mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken; heat through. Sprinkle with green onions. Serve with rice.

shrimp pad thai

You can make this yummy Thai classic in no time. Find fish sauce and chili garlic sauce in the Asian foods aisle of your grocery store.

Elise Ray
SHAWNEE, KANSAS

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

4 oz. uncooked thick rice noodles
1/2 lb. uncooked small shrimp, peeled and deveined
2 tsp. canola oil
1 large onion, chopped
1 garlic clove, minced
1 egg, beaten
3 cups coleslaw mix
4 green onions, thinly sliced
1/3 cup rice vinegar
1/4 cup sugar
3 Tbsp. reduced-sodium soy sauce
2 Tbsp. fish sauce or additional reduced-sodium soy sauce
2 to 3 tsp. chili garlic sauce
2 Tbsp. chopped salted peanuts
Chopped fresh cilantro leaves

Cook noodles according to package directions. In a large nonstick skillet or wok, stir-fry shrimp in oil until shrimp turn pink; remove and set aside. Add onion and garlic to the pan. Make a well in the center of the onion mixture; add egg. Stir-fry for 2-3 minutes or until egg is completely set. Add the coleslaw mix, green onions, vinegar, sugar, soy sauce, fish sauce, chili garlic sauce and peanuts; heat through. Return shrimp to the pan; heat through. Drain noodles; toss with shrimp mixture. Garnish with cilantro.

cashew curried beef

"This recipe is a favorite with my whole family. The ingredients are a wonderful blend of sweet, salty and spicy."

Jennifer Fridgen
EAST GRAND FORKS, MINNESOTA

PREP: 20 MIN. COOK: 20 MIN.
YIELD: 5 SERVINGS

1 lb. beef top sirloin steak, thinly sliced
2 Tbsp. canola oil, divided
1 can (14 oz.) coconut milk, divided
1 Tbsp. red curry paste
2 Tbsp. packed brown sugar
2 Tbsp. fish or soy sauce
8 cups chopped bok choy
1 small sweet red pepper, sliced
1/2 cup salted cashews
1/2 cup minced fresh cilantro
Hot cooked brown rice

In a large skillet, saute beef in 1 Tbsp. oil until no longer pink. Remove from skillet and set aside.

Spoon 1/2 cup cream from top of coconut milk and place in the pan. Add remaining oil; bring to a boil. Add curry paste; cook and stir for 5 minutes or until oil separates from coconut milk mixture.

Stir in the brown sugar, fish sauce and remaining coconut milk. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until slightly thickened. Add bok choy and red pepper; return to a boil. Cook and stir 2-3 minutes longer or until vegetables are tender.

Stir in the cashews, cilantro and beef; heat through. Serve with rice.

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OUTSIDE THE BOX

Create satisfying meals in minutes by dressing up a convenient box of mac & cheese

Mac & cheese is one of those comfort foods almost everybody craves. And the boxed mix makes it easy to enjoy almost immediately.

But not everyone stirs it up and eats it as is. Ask people what they add to boxed mac & cheese, and you'll get a grocery cart full of answers. Kids like tossing on cut-up hot dogs. Moms like to sneak in good-for-you veggies, such as broccoli or tomatoes. Some folks add whatever leftovers they find in the fridge. Others rely on actual recipes, such as those at right. Everyone seems to have a favorite way to add a new dimension to this popular convenience food.

We asked fans of our *Taste of Home* Facebook page what they like to add to a box of *mac* & cheese, and the options ran the gamut from ham and extra cheese to chipotle peppers and crab meat. And talk about unique combinations! How about mac & cheese combined with tuna, cream of chicken soup, canned mushrooms, frozen peas, dried onions and Mexican-blend shredded cheese, all topped with French-fried onion rings?

Tallying up all the responses, we found that tuna is, indeed, the favorite add-in. The complete Top 10 is below. But the possibilities for your personal *mac* & cheese creation are endless!

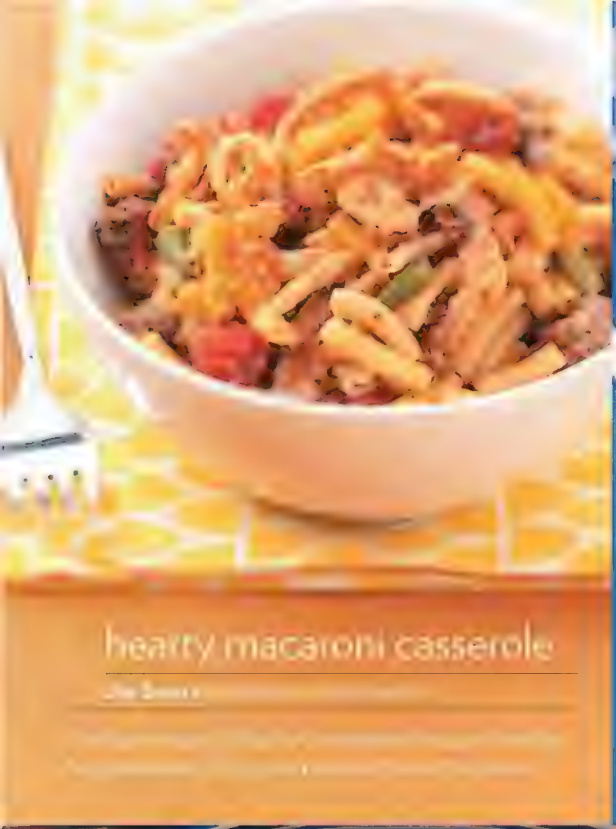
TOP 10 MAC & CHEESE ADD-INS

1. Tuna
2. Extra cheese
3. Tomatoes
4. Ground beef
5. Diced ham
6. Bacon/bacon bits
7. Peas
8. Broccoli
9. Hot dogs
10. Cream of mushroom soup

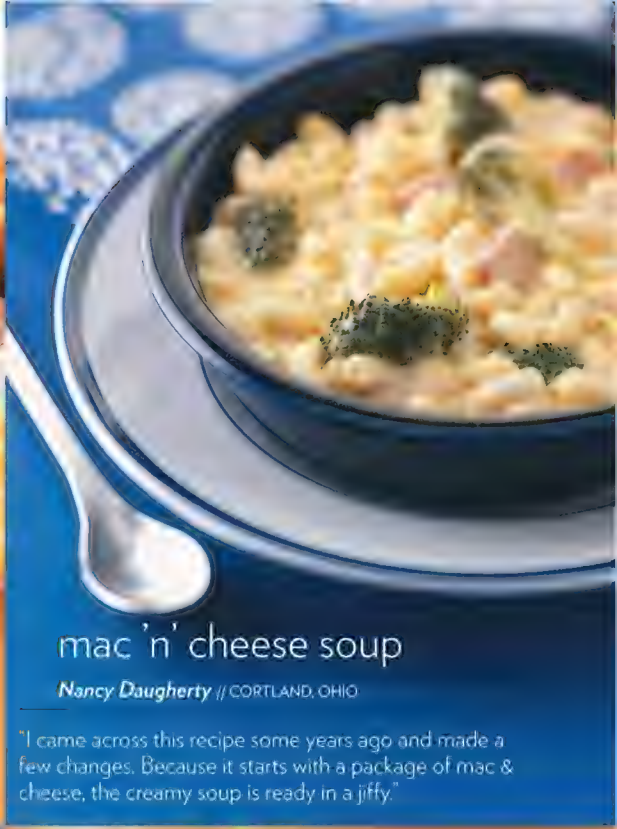
CREATIVE COMBOS

Looking for more easy ways to add flavors to your *mac* & cheese? Here are some of the add-in combinations other readers love:

- Sour cream (instead of milk), salsa, extra cheese and leftover taco meat
- Spaghetti sauce, ground beef, corn and onions
- Leftover diced chicken and canned stewed tomatoes
- Sliced green onions and a dash of mustard
- Canned chili with beans, tomato sauce, corn, onions and bell peppers
- Half-and-half (instead of milk), crushed red pepper, crumbled bacon and Italian sausage
- Italian bread crumbs, cheese and Ranch dressing



hearty macaroni casserole



mac 'n' cheese soup

Nancy Daugherty // CORTLAND, OHIO

"I came across this recipe some years ago and made a few changes. Because it starts with a package of mac & cheese, the creamy soup is ready in a jiffy."

macaroni 'n' cheese pizza

Andrew McDowell // LAKE VILLA, ILLINOIS

Here's a fun and flavorful way to combine two favorites: pizza and mac & cheese. Experiment with other pizza toppings such as sausage or diced green peppers.

tuna mac and cheese bake

Bonnie Hord // LEE'S SUMMIT, MISSOURI

MAC 'N CHEESE SOUP

PREP/TOTAL: 30 MIN.
YIELD: 8 SERVINGS (2 QT.)

- 1 pkg. (14 oz.) deluxe macaroni and cheese dinner mix
- 9 cups water, divided
- 1 cup fresh broccoli florets
- 2 Tbsp. finely chopped onion
- 1 can (10-3/4 oz.) condensed cheddar cheese soup, undiluted
- 2-1/2 cups 2% milk
- 1 cup chopped fully cooked ham

Set aside cheese sauce packet from macaroni and cheese mix. In a large saucepan, bring 8 cups water to a boil. Add macaroni; cook for 8-10 minutes or until tender.

Meanwhile, in another large saucepan, bring remaining water to a boil. Add broccoli and onion; cook, uncovered, for 3 minutes. Stir in the soup, milk, ham and contents of cheese sauce packet; heat through. Drain macaroni; stir into soup.

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MEATY MACARONI CASSEROLE

PREP: 20 MIN. BAKE: 30 MIN.
YIELD: 2 CASSEROLES (4 SERVINGS EACH)

- 1 pkg. (7-1/4 oz.) macaroni and cheese dinner mix
- 1 lb. ground beef
- 1 cup chopped green pepper
- 1/2 cup chopped onion
- 1 can (14-1/2 oz.) Italian diced tomatoes, drained
- 2 cups (8 oz.) shredded cheddar cheese, divided
- 1 cup French-fried onions

Prepare macaroni and cheese according to package directions. Meanwhile, in a large skillet, cook the beef, green pepper and onion over medium heat until meat is no longer pink; drain. Add to prepared macaroni. Stir in tomatoes.

Divide half of mixture between two greased 1-1/2-qt. baking dishes; sprinkle each with 1/2 cup cheese. Top with remaining mixture.

Sprinkle remaining cheese over one casserole. Cover and freeze for up to 3 months. Sprinkle the second casserole with French-fried onions. Bake, uncovered, at 350° for 30 minutes or until heated through.

To use frozen casserole: Completely thaw in the refrigerator. Remove from the refrigerator 30 minutes before baking. Bake as directed.

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TUNA MAC ... AND CHEESE

PREP: 15 MIN. BAKE: 30 MIN.
YIELD: 8 SERVINGS

- 1 pkg. (7-1/4 oz.) macaroni and cheese dinner mix
- 1 can (12 oz.) light water-packed tuna, drained and flaked
- 1 can (10-3/4 oz.) condensed cream of mushroom soup, undiluted
- 1-1/3 cups 2% milk
- 2 pkg. (9 oz. each) frozen peas and pearl onions
- 1 can (4 oz.) mushroom stems and pieces, drained
- 1 can (2.8 oz.) French-fried onions, divided

Prepare macaroni and cheese according to package directions. Add the tuna, soup, milk, peas, mushrooms and half of the fried onions. Place in a greased 11-in. x 7-in. baking dish. Bake, uncovered, at 325° for 25 minutes.

Sprinkle with remaining fried onions; bake 5 minutes longer or until heated through.

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MACARONI 'N CHEESE PIZZA

PREP: 25 MIN. BAKE: 10 MIN. + STANDING
YIELD: 8 SERVINGS

- 1 pkg. (7-1/4 oz.) macaroni and cheese dinner mix
- 2 eggs, beaten
- 1/2 lb. ground beef
- 3/4 cup chopped onion
- 1-1/4 cups pizza sauce
- 1 can (4 oz.) mushroom stems and pieces, drained
- 28 pepperoni slices
- 1 cup (4 oz.) shredded Mexican cheese blend

Prepare macaroni and cheese according to package directions; gradually stir in eggs.

Spread onto a greased 12-in. pizza pan. Bake at 375° for 10 minutes. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in pizza sauce.

Spread over macaroni crust. Sprinkle with the mushrooms, pepperoni and cheese blend. Bake for 10-15 minutes or until a thermometer inserted in the crust reads 160° and the cheese is melted.

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CLOSE TO HOME

CELEBRATING THE PEOPLE AROUND THE *TASTE OF HOME* TABLE

AFRICAN ADVENTURE

Brownies were a real treat for her friends in Tanzania—and no easy feat to make

Pattye Snyder
PEORIA, ILLINOIS

When I left to spend 3 months in East Africa a couple years ago, my friends bet on how long I could stay out of the kitchen. I quickly discovered that, when I wasn't at work (volunteering at a juvenile detention center), the best way to improve my Swahili was to spend time with the workers hand-peeling mountains of garlic and chopping carrots, squash and other vegetables. Our kitchen was outdoors, and I loved watching the skilled cooks prepare all of the wonderful meals with none of the gadgets we seem to need—potato peelers, measuring cups, etc.

It's uncommon to serve desserts or sweets in that area, but making brownies seemed like the best way to repay my friends who helped me recover from malaria. I got permission to use the head cook's kitchen, and since I didn't have a recipe, I found one at tasteofhome.com. Then I tried to find ingredients.

Grocery stores there are very limited, and because they've never heard of foods like chocolate chips and chocolate baking squares, I had to make several substitutions. Since most of the ingredients were imported, it cost me $27 to make two pans of brownies.

Back in the kitchen, I put on an apron and crossed my fingers. Without any measuring spoons, spatulas and so on, I had to improvise. I measured with a coffee mug and hand-kneaded the coarse sugar into the butter. I stirred in instant coffee granules and bits of a caramel-like candy they call toffee. With no temperature gauge on the oven, I had to watch the brownies closely.

After they cooked, I took a small bite to make sure they were OK, then offered one to the head chef. I'll never forget his look of absolute bliss! I made the brownies, at his request, two more times that summer and left a copy of the *Taste of Home* recipe with him when I left. It's a memory I'll treasure forever.

Send your kitchen-related story to editors@tasteofhome.com

Bertha Meese &
Kim Wallace
DENNISON, OHIO

UNWRITTEN HISTORY

Her mom doesn't need recipes to pass on the family's flavorful traditions

"For as long as I can remember, my mom, Bertha Meese, has spent most of her time in the kitchen, preparing meals for family, friends, business associates and others. When my brother Billy and I were kids, we sat down to her home-cooked dinners every night. Everything she made was delicious.

Good cooking has been passed down in our family from generation to generation. My grandma and great-grandma shared their skills with Mom and then me. I hope to pass on what I've learned to my son and two daughters.

There is one problem: Few things Mom makes even *have* a recipe. She cooks from scratch, using a pinch of this and a dash of that, with a smattering of several other ingredients thrown in. That makes my job as a *Taste of Home* Field Editor harder because, before sending in a recipe, I have to make it, writing down each ingredient and step along the way.

Although my brother and I have our own families, we make time to get together with Mom; our dad, Bill; and our kids for meals, whether it's a special occasion or an evening by a campfire. We all live close by, on land that's been in our family for more than 100 years. My brother's house is on one side of Mom and Dad, and I am on the other side, just across the road. Our children know that Grandma's house is a great place to go for a good meal. Sometimes Billy and I find out that they have eaten at home but have also eaten at our parents' house!

Mom's cooking is popular with the square dance crowd, too. My parents own a dance hall, and my dad, who's an electrician, is also a square dance caller. So at least twice a month, Mom throws together a new dish for a potluck at the hall. She's always asked for her recipe, and I have to laugh because I know she has no clue what exactly she used to make it!

The meal here wins rave reviews with the family, and I actually have the recipes! I hope you'll pass them down in your family, too."

RECALL YOUR MOM'S BEST?

Send at least four recipes and background information to editors@tasteofhome.com. If we feature your mom's recipes, you'll earn $75.

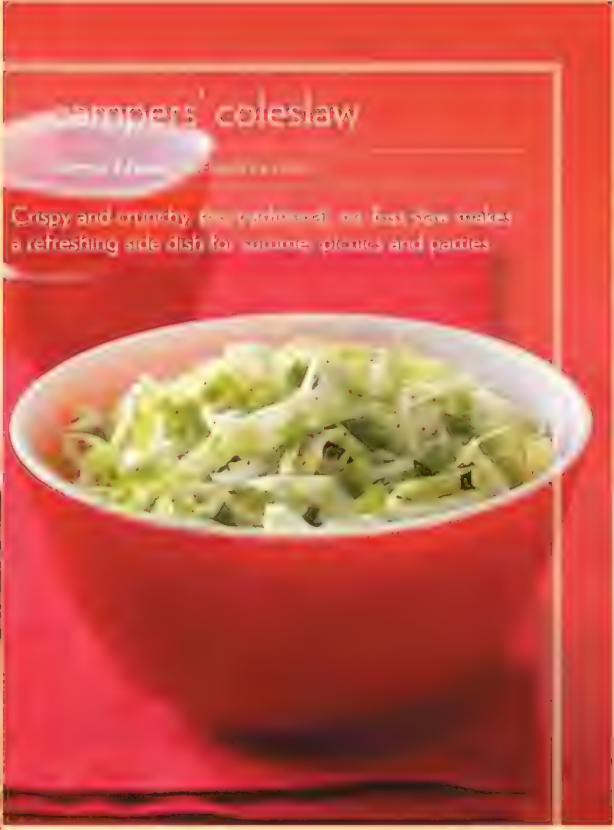
barbecued pork sandwiches

Bertha Meese // DENNISON, OHIO

"These saucy sandwiches are great for a hungry crowd and easy to prepare. Once the meat is cooked, transfer to a slow cooker to keep warm until it's time to serve."

camper's coleslaw

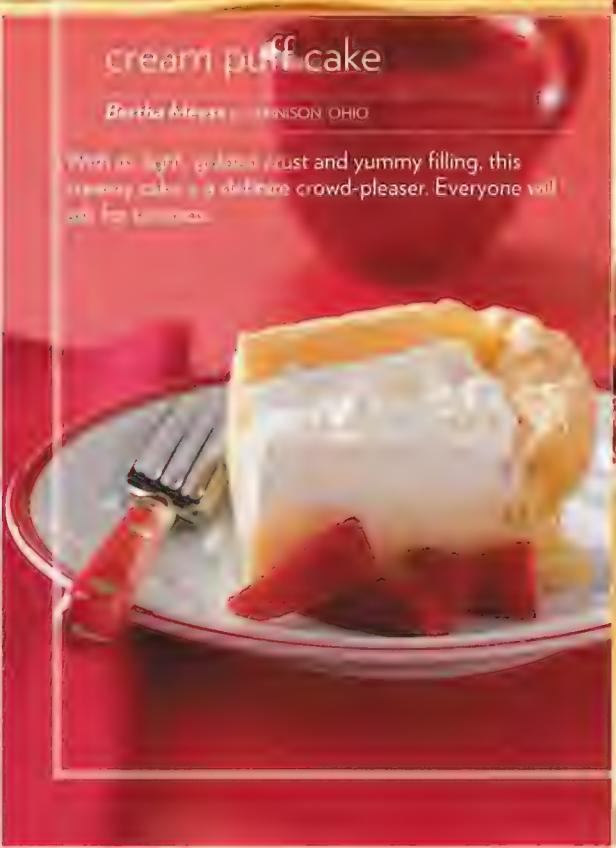
Crispy and crunchy, this old-fashioned cole slaw makes a refreshing side dish for summer picnics and parties.



cream puff cake

Bertha Meese // DENNISON, OHIO

With its light, golden crust and yummy filling, this creamy cake is a delicious crowd-pleaser. Everyone will ask for seconds.

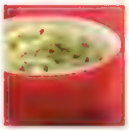


dad's baked beans

Bertha Meese // DENNISON, OHIO

"I always use this recipe when I make beans for any occasion; they are the best baked beans I've ever had."

CAMPERS' COLESLAW



PREP: 20 MIN. + CHILLING
YIELD: 12 SERVINGS (3/4 CUP EACH)

- 1-1/2 cups sugar
- 3/4 cup white vinegar
- 3/4 cup olive oil
- 1 tsp. salt
- 1 tsp. celery seed
- 1 medium head cabbage, shredded
- 1 large onion, chopped
- 1 medium green pepper, chopped

In a small saucepan, combine the first five ingredients. Bring to a boil; boil for 1-2 minutes or until sugar is dissolved. Remove from the heat; cool to room temperature.

In a large bowl, combine the cabbage, onion and pepper; add dressing and toss to coat. Refrigerate until chilled. Serve with a slotted spoon.

Nutrition Facts: 3/4 cup equals 170 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 274 mg sodium, 27 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat.

tastefbomc.com

BAKED BEANS

PREP: 15 MIN. BAKE: 1 HOUR
YIELD: 8 SERVINGS

- 3 cans (15-1/2 oz. each) great northern beans, rinsed and drained
- 5 hot dogs, sliced
- 1-1/2 cups ketchup
- 1/2 cup packed brown sugar
- 2 Tbsp. molasses
- 1 medium onion, chopped
- 1/2 tsp. ground mustard
- 1/4 tsp. salt
- 1/4 tsp. pepper

In an ungreased 2-qt. baking dish, combine all ingredients. Cover and bake at 350° for 1 to 1-1/2 hours or until heated through.

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BARBECUED PORK SANDWICHES

PREP: 25 MIN. COOK: 2-1/2 HOURS
YIELD: 10 SERVINGS

- 1 boneless pork shoulder butt roast (3 lbs.)
- 1 medium onion, chopped
- 1 Tbsp. butter
- 1 can (15 oz.) tomato puree
- 1/2 cup packed brown sugar
- 1/4 cup Worcestershire sauce
- 2 Tbsp. lemon juice
- 1/2 tsp. salt
- 10 hard rolls, split

Place pork on a rack in a roasting pan. Bake, uncovered, at 350° for 2 hours or until tender.

In a Dutch oven, saute onion in butter until tender. Stir in the tomato puree, brown sugar, Worcestershire sauce, lemon juice and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes. Shred pork; add to the sauce and heat through. Serve on buns.

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CREAM PUFF CAKE

PREP: 25 MIN. BAKE: 25 MIN. + CHILLING
YIELD: 15 SERVINGS

- 1 cup water
- 1/2 cup butter, cubed
- 1 cup all-purpose flour
- 4 eggs

FILLING

- 1 pkg. (8 oz.) cream cheese, softened
- 2-1/2 cups 2% milk
- 3 pkg. (3.3 oz. each) instant white chocolate or vanilla pudding mix
- 1 carton (8 oz.) frozen whipped topping, thawed

In a large saucepan, bring water and butter to a boil. Add flour all at once and stir until a smooth ball forms. Continue heating until smooth and shiny. Remove from the heat; let stand for 5 minutes. Add the eggs one at a time, beating well after each addition.

Transfer to a greased 13-in. x 9-in. baking dish. Bake at 400° for 22-25 minutes or until puffed and golden brown. Cool completely on a wire rack.

For filling, in a large bowl, beat the cream cheese, milk and pudding mixes until smooth. Spread over the crust. Refrigerate for 20 minutes. Spread with whipped topping. Chill until serving.

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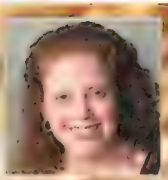

kelly kirby
WESTVILLE
NOVA SCOTIA
field editor

stirring things up

For this Canadian Field Editor, baking provides relaxation and quality time with the kids

Life here in Nova Scotia is pretty laid-back, but there's never a shortage of things to do. During the summer, you can go to a festival just about every weekend. Many people take their vacations in July to attend the Pictou (County) Lobster Carnival. Because Craig and I work Monday through Friday, we really look forward to our weekends. Craig likes to golf and barbecue. Our daughters, Lauren and Regan, enjoy beachcombing for shells, rocks and beach glass.

On weekends, I stockpile our freezer with meals and goodies for the week ahead and often put supper in the slow cooker on Sunday morning. I use produce that's in season and freeze fresh berries to use during the winter.

I find baking to be a great stress reliever and I like to share what I make with others. I bake anything and everything, and love to try new recipes—so it's a good thing I work out about 6 days a week!

KITCHEN HELPERS

Lauren and Regan must have baking in their genes, too, because every time I pull out my trusty mixer, they're by my side, measuring, mixing and tasting. They especially like making Buttermilk, which my mom taught me to make when I was a young girl.

Fall has to be my absolute favorite time of year. The air is crisp and cool, and the colors paint such beautiful pictures. I look forward to baking more muffins and comfort foods such as crisps and casseroles this fall, especially since we recently renovated our kitchen. Now I love baking and cooking even more!

Kelly Kirby is a service supervisor for an insurance company. Her husband, Craig, is the director of national accounting services for a major grocery chain. Regan is 3-1/2, and Lauren will turn 7 in September.

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super low-fat granola cereal

Kelly Kirby // WESTVILLE, NOVA SCOTIA

taste of home fieldeditor

Serve this delicious mix for breakfast with milk, or sprinkle it over yogurt. You can add chopped walnuts or pecans, but it will increase the calorie count.

butterhorns

Kelly Kirby // WESTVILLE, NOVA SCOTIA

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I always have to double the recipe for these buttery rolls because they never last long. You can shape them any way you like, but to me, a crescent shape is so pretty.

spiced pudding cake

Kelly Kirby // WESTVILLE, NOVA SCOTIA

taste of home fieldeditor

I came across this recipe years ago and made a few changes. It's very popular. My mom's church group serves it for dessert quite regularly.

apple bran muffins

Kelly Kirby // WESTVILLE, NOVA SCOTIA

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My mom taught me how to make these moist, tasty muffins. The recipe makes a big batch, so you can freeze the extras or share with family or friends.

BUTTERHORNS

PREP: 35 MIN. + RISING BAKE: 10 MIN.
YIELD: 2 DOZEN

1 Tbsp. active dry yeast
1 tsp. plus 1/3 cup sugar
1/2 cup warm water (110° to 115°)
1/2 cup butter, softened
1/2 cup warm 2% milk (110° to 115°)
1 egg
3/4 tsp. salt
4 cups all-purpose flour

In a large bowl, dissolve yeast and 1 tsp. sugar in warm water. Add the butter, milk, egg, salt, remaining sugar and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a lightly floured surface; divide in half. Roll each portion into a 12-in. circle; cut each circle into 12 wedges. Roll up wedges from the wide end and place point side down 2 in. apart on greased baking sheets. Curve ends to form crescents.

Cover and let rise in a warm place until doubled, about 30 minutes. Bake at 350° for 10-12 minutes or until golden brown. Remove from pans to wire racks.

Nutrition Facts: 1 roll equals 128 calories, 4 g fat (3 g saturated fat), 19 mg cholesterol, 107 mg sodium, 19 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchanges: 1 starch, 1 fat.

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SUPER LOW-FAT GRANOLA CEREAL

PREP: 15 MIN. BAKE: 25 MIN. + COOLING
YIELD: 9 CUPS

8 cups old-fashioned oats
1 cup raisins
1/2 cup chopped dried apricots
1/2 cup dried cranberries
1-1/2 cups packed brown sugar
1/2 cup water
1 tsp. salt
1 tsp. maple extract
1 tsp. vanilla extract
Milk or yogurt

In a large bowl, combine the oats, raisins, apricots and cranberries; set aside. In a small saucepan, combine the brown sugar, water and salt. Cook and stir over medium heat for 3-4 minutes or until brown sugar is dissolved. Remove from the heat; stir in extracts. Pour over oat mixture; stir to coat.

Transfer to two greased 15-in. x 10-in. x 1-in. baking pans. Bake at 350° for 25-30 minutes, or until crisp, stirring every 10 minutes. Cool completely on wire racks. Store in an airtight container. Serve with milk or yogurt.

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APPLE BRAN MUFFINS

PREP: 25 MIN. BAKE: 20 MIN. + COOLING
YIELD: 2 DOZEN

3 cups all-purpose flour
2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. salt
1/2 tsp. baking soda
1/4 tsp. ground nutmeg
1-1/2 cups 2% milk
4 eggs
2/3 cup packed brown sugar
1/2 cup canola oil
2 tsp. vanilla extract
3 cups All-Bran
2 cups shredded peeled tart apples
1 cup chopped walnuts
1 cup raisins

In a large bowl, combine first six ingredients. In another bowl, combine the milk, eggs, brown sugar, oil and vanilla. Stir into dry ingredients just until moistened. Fold in remaining ingredients.

Fill greased or paper-lined muffin cups three-fourths full. Bake at 350° for 18-22 minutes or until a toothpick inserted in muffin comes out clean. Cool for 5 minutes before removing from pans to wire racks.

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SPICED PUDDING CAKE

PREP/TOTAL TIME: 25 MIN. BAKE: 35 MIN.
YIELD: 15 SERVINGS

1/2 cup butter, softened
1/2 cup sugar
1 egg
1 cup molasses
2-1/2 cups all-purpose flour
1-1/2 tsp. baking soda
1-1/2 tsp. ground cinnamon
1-1/4 tsp. ground ginger
1/2 tsp. ground allspice
1/4 tsp. ground nutmeg
1/4 tsp. salt
1 cup water
2/3 cup packed brown sugar
1-1/2 cups water
1/4 cup butter, cubed
Whipped cream and ground cinnamon, optional

In a large bowl, cream butter and sugar until light and fluffy. Add egg; beat well. Beat in molasses. Combine the flour, baking soda, spices and salt; add to the creamed mixture alternately with water, beating well after each addition.

Transfer to an ungreased 13-in. x 9-in. baking pan; sprinkle with brown sugar. In a microwave, heat water and butter until butter is melted; carefully pour mixture over batter.

Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Serve warm. Garnish with whipped cream and cinnamon if desired.

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COOKS WHO CARE

Sabrina Shafer
Minooka, Illinois

BAKING A DIFFERENCE

At age 10, this baker is having an impact well beyond her years

When Sabrina Shafer realized how many of her friends' parents had lost their jobs and couldn't afford to live in the area any longer, she decided to do something for her community of Minooka, Illinois.

Because Sabrina loves to bake, the 10-year-old began selling cookies (including the Coconut Macaroons below) on Saturday mornings at the local farmers market. She bakes all day Friday during the summer and gets up at 4 a.m. Saturday to finish her baking. Then, with the help of her brother Justin, Sabrina sets up her stand at 7 a.m.

Proceeds go to the local food pantry. Sabrina also donates to the Illinois Fire Safety Alliance Burn Camp.

"The food pantry helps 87 families weekly, and I figured that is a good place to start helping," says Sabrina. "The burn camp allows children who have been badly burned to spend time with other children like them. I learned about it from a firefighter at my school."

In addition to the farmers market, Sabrina has held bake sales to raise money for Thanksgiving dinners for local families and Christmas presents for needy area children, often using her allowance to buy extra supplies. To date, she has raised about $1,500.

This is one fifth-grader who knows the importance of helping out wherever you can.

"I go to school here, my friends live here and my community is important to me," Sabrina says. "If I help the families in my community, even if it's only through a bake sale, maybe other people will see how important it is to help others. Maybe then we will all be OK, and the goodness will spread to other towns."

SHARE YOUR STORY

Do you or someone you know cook for the benefit of a local charity or other nonprofit organization? Send your story to editors@tasteofhome.com. If your story is published, the charity you choose will receive $250 from *Taste of Home*.

COCONUT MACAROONS

Chewy, simple and oh so good, these cookies are perfect for bake sales or for sharing with family.

Sabrina Shafer
MINOOKA, ILLINOIS

PREP/TOTAL TIME: 25 MIN.
YIELD: 1-1/2 DOZEN

2-1/2 cups flaked coconut
1/3 cup all-purpose flour
1/8 tsp. salt
2/3 cup sweetened condensed milk
1 tsp. vanilla extract

In a small bowl, combine the coconut, flour and salt. Add milk and vanilla; mix well (batter will be stiff).

Drop by tablespoonfuls 1 in. apart onto a greased baking sheet. Bake at 350° for 15-20 minutes or until golden brown. Remove to wire racks.

Nutrition Facts: 1 cookie equals 110 calories, 6 g fat (5 g saturated fat), 4 mg cholesterol, 65 mg sodium, 14 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchanges: 1 starch, 1 fat.

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MORE!

COOKING FOR 2

Our Test Kitchen has paired down some recipes from this issue. Find them, serves 2, versions at tasteofhome.com/plus

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- 4 slices of lemon
- 4 slices of orange
- 2 Tbsp. white wine
- cooking spray

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2. Spray a 9 x 9 x 2 inch pan with cooking spray.
3. Lay fish in pan. Coat each fillet with Mrs. Dash® Lemon Pepper Blend.
4. Alternate slices of lemon and orange on top of fish. Sprinkle with wine.
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